

## REVIEW ARTICLE ON THERIOTICAL ANALYSIS OF GANDHAK RASAYANA

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**ABSTRACT**

Ayurveda is the oldest methodical branch of knowledge which speaks its reality in the sketch of philosophy. In Sanskrit, Ayurveda means "The Science of Life". As per ancient Ayurveda scholars for getting a desirable outcome of any medication, it should be precisely analysed before prescribing to the patient. The present article it is aims to gather all the information and literature regarding one of the classical formulations "*Gandhak Rasayana*". it is widely practiced Ayurveda formulation in Dermatology Practice. Common symptoms in *tvachavikar* are *Daha* and *Kandu*, for these symptoms *Gandhak Rasayan* is the drug of choice. *Gandhak* is only one *Rasaushadhi* which is used in *Gandhak Rasayan*, and it is mentioned in *Yogaratanakar*. *Rasaushadhis* are used in small doses and shows result faster than herbal drugs. As, skin disorders are chronic they need accurate and quicker treatment. *Gandhak Rasayan* plays a major role in various skin disorders like psoriasis, scabies, eczema, acne, tinea infection and other conditions in *Pittaj Tvachavikar*. It acts as anti-bacterial, anti-viral, anti-pruritic and anti-inflammatory drug. As, *Gandhak Rasayan* is widely used in treatment of skin disorders having excellent result, *Gandhak* is only one *Rasadravya* which is used in *Gandhak Rasayana*, and it is mentioned in *Yogaratanakara*. All together there are 7 references found for *Gandhak Rasayana*. we will see the review of various formulations of "*Gandhak Rasayana*" in this article.

**KEYWORDS:** *Gandhak Rasayan*, *Rasa-aushadhi*, *Tvachavikar*.**INTRODUCTION**

*Gandhak Rasayana* is a compound preparation, being used by Ayurvedic physicians in clinical practice for thousands of years, in Ayurvedic Dermatology. *Gandhak Rasayana* is one of the important formulations used in the treatment all types of *Kustha* (skin diseases), *Nadi-Vrana* (sinuses) and *Kostha Gata Roga* (Gastrointestinal disorders). Skin disorders are burning problem in this era especially for treatment. skin disorders like psoriasis, scabies, eczema, acne, tinea infection and other conditions in *Pittaj Tvachavikar*. It acts as anti-bacterial, anti-viral, anti-pruritic and anti-inflammatory drug. As, *Gandhak Rasayan* is widely used in treatment of skin disorders having excellent result. In Ayurveda it is mentioned that because of *Mithya Aahar Vihar* various skin diseases occurs and all are comprised in *Kushtha*. It occurs due to vitiated *Tridoshas Vata*, *Pitta*, *Kapha* and *Tvacha*, *Rakta*, *Mamsa*, *Ambu*. Common symptoms are *Daha* and *Kandu*, for these symptoms *Gandhak Rasayana* is the drug of choice. *Gandhak* is only one

*Rasadravya* which is used in *Gandhak Rasayana*, and it is mentioned in *Yogaratanakara*. All together there are 7 references found for *Gandhak Rasayana*. we will see the review of various formulations of "*Gandhak Rasayana*" in this article.

**AIMS AND OBJECTIVES**

To compile and study various formulations of one of the most used drug *Gandhak Rasayana* from the available classical literature.

**MATERIAL AND METHODS**

This article is based on a review of various Ayurveda classical literatures. Materials related to *Gandhak Rasayana*, were collected as well as references were compiled, analysed and discussed for a thorough and in-depth understanding of the concept.

**Procedure****1. According to Basavarajeeyam (Kustaprakarana)<sup>[1]</sup>****Materials:** *Suddha Gandhak* (purified sulphur), *Sarkara*.**Bhavana dravya:** *Godugdha* (Cow Milk), *Chaturjataka Kashaya*, *Guduchi Kashaya*, *Amlaki**Kashaya*, *Harithaki Kashaya*, *Sunti Kashaya* (Decoction of dried ginger (*Zingiber officinalis*), *Brungaraja Swarasa*, *Ardra Swarasa*.**Procedure:** Powder of *Shodhitha Gandhak* has to be taken in *Khalwa Yantra* and subjected to 8 times *Bhavana* with each liquid like *Godugdha*, *Chaturjataka Kashaya*, *Guduchi Kashaya*, *Amlaki Kashaya*, *Harithaki Kashaya*, *Sunti Kashaya* (Decoction of dried ginger *Zingiber officinalis*) *Brungaraja Swarasa*, *Ardra Swarasa*. Totally 48 times *Bhavana* should be done. Then add equal quantity of *sarkara* to *bhavita Gandhak* and make homogenous mixture form.**Anupana** – *Sita***Dosage** - 2 *Masha***Indication** – *Kandu*, *Pandu*, *Jeerna Jwara*. (*Swarna Bhasma* and *Parada Bhasma* taken 1 year along with above mentioned drugs can live 100 years.)**Pathya**- *Sushka*, *Odana*, *Kadaliphala*, *Saindhava*, *Amra*, *Madhu*, *Mamsa*, *Tambula*, *Punga*, *Kadira*.**2. According to chikitsa ratnabarana<sup>[2]</sup>****Materials:** *Triphala Churna* -1 *phala*, *Shuddha Gandhak*- ½ *phala*, *Louha Bhasma*-1*karsha***Procedure:** Above mentioned drugs should mix thoroughly**Anupana:** *Madhu*, *Sarpi***Dosage:** ½ *Karsha***Indication:** *Sarvasula Hara*, *Visphota*, *Keshya* (hairtonic) special indication.**3. According to agneyapurana<sup>[3]</sup>****Material:** *Amra Majja*, *Guduchi Satva*, *Trivrut*, *Shuddha Gandhak*.**Bhavana dravya**-*Kumari Swarasa***Procedure:** *Choorna* of the above-mentioned drugs should be taken in equal quantity and subjected to *Bhavana* with *Kumari Swarasa***Dosage:** 2 *Masha***Indication:** *Rasayana***4. According to brihat yoga tarangini (Barata bhaishajya ratnakara)<sup>[4]</sup>****Materials:** *Shuddha Gandhak*- 100 *Pala* *Sukshma churna*, *Aja ksheera*, *Ikshu danda Rasa*, *Guduchi*, *Madhu*, *Goksheera*, *Varahikandha*, *Yastimadhu*, *Kustha*, *Lavanga*, *Tulasi*, *pippali*, *pippalimula*, *Nagakesara*, *Triphala*, *Padmakabeja*.**Bhavana dravya:** *Brungaraja Swarasa*.**Procedure:** A Mud pot filled with *Ksheera*, *Vastra* is tied over the mouth of the pot over that 100 *pala* of *Gandhak*, *Shukshma churna* is placed, another pot is kept inversely over that and *Sandibandhana* has to be done and fire ignited *puta* is given for ½ *yama*, after self-cooling take out the *Gandhak* make it fine powder, then add *Aja Ksheera*, *Ikshu Danda Rasa*, *Guduchi*, *Madhu*,*Goksheera*, *Varahikandha*, *Yastimadhu*, *Kustha*, *Brungaraja* and *Tulasi*, done *bhavana* with each *Dravya* for 10 days, add *Pippali*, *Pippalimula*, *Lavanga*, *Nagakesara*, *Triphala*, *Padmakabeja* mix with *Madhu*, *Sharkara*.**Dose**- 1 *Masha*.**Anupana:** *Sarkara*, *Madhu*.**Pathya:** *Shali*, *Godhuma*, *Ghrita*, *Ksheera*, *Sharkara*, *Krishna*.**Indication:** *Valipalita*, *Jara*, 18 Types of *Kushta*, 20 Types *Prameha*, *Mutrakruchra*, *Gandamala*, *Gudhakeela*, *Bhagandhara*, *Rajodosha*, *Haleemaka***5. According to vaidya chintamani<sup>[5]</sup>****Material:** *Shuddha Gandhak*- 6 *pala*, 1 *pala* each of *Triphala*, *Jeeraka*, *Pippalimula*,*Chitratandula*(*vidanga*), *Trikatu*, *Trisugandha*, *chitraka*.**Procedure:** 6 part of *Shuddha Gandhak* and 1 *pala* each of above-mentioned drug should be mix thoroughly**Dosage** – 3 *Masha*.**Anupana** – *Madhu*, *Ksheera*, *Sharkara***Indication**- 18 Types of *Kustha*, 4 types of *Grahani*, *Gulma*, *Mutrakrucha*, *Vataroga*, *Sukrasthambaka*.**6. According to baluka tantra<sup>[6]</sup>****Materials:** *Shuddha Gandhak* 6 *phala*, *Chitratandula*, *Triphala*, *Shunti*, *Maricha*, *pippali* each 6 *tanka*, *chitraka* 1 *pala*.**Procedure:** 6 *pala* of *Shuddha Gandhak* and *Chitratandula*, *Triphala*, *Shunti*, *Maricha*, *Pippali* should take each 6 *tanka* then 1 *phala* of *Rakta Chitraka* should be mixed.**Dosage**- 3 *Masha***Anupana**- *Gritha***Indication**- *Atisara*, *Mandagni*, *kustha*, *Grahani*, *Agnimandya*.**7. According to rasendra ratna kosha<sup>[7]</sup>****Material:** 2 *Pala* of *Suddha Parada*, *Rasasindura*, 2 *Pala* of each *Suddha Gandhak*, *Tamra Bhasma*, *Louhabasma* and *pippali*.**Bhavana dravya:** *Matulunga Swarasa*.**Procedure:** 2 *Pala* of *Suddha Parada*, 4 *pala* of *Gandhak*, *Kajjali* should be prepared and placed in *Valuka Yantra* fire is ignited for 3 to 4 days *Rasa Sindura* is prepared. *Rasa Sindura*, 2 *Pala* of *Suddha Gandhak*, 2 *Phala* of *Tamra Bhasma*, 2 *Phala* of *Louha Bhasma* and *Pippali Choorna* each 1 part should be taken and subjected to *Bhavana* with *Matulunga Swarasa*.**Anupana:** *Madhu* and *Sarpi*.**Indication:** *Rasayana***DISCUSSION**In the procedure, the *Gandhak Rasayana*, According to *Chikitsa Ratnabarana*<sup>[2]</sup> *Vaidya Chintamani*,<sup>[5]</sup> *Baluka Tantra*.<sup>[6]</sup> There is absence of *Bhavana Dravya* as per

classics. Here in these particular reference ingredients made into fine powders and thoroughly mixed and obtained final product is administered along with different *Anupana*, According to *Chikitsa Ratnabarana*.<sup>[2]</sup> *Triphala churna*, *Shuddha Gandhak*, *Louha Bhasma* are the mentioned ingredients which are made into fine powders and thoroughly mixed and it should be administered along with *Madhu* and *Sarpi*. This is particularly Indicated in *Sarvashula Hara*, *Keshya* (hairtonic), According to *Vaidya Chintamani*<sup>[5]</sup> mixture of *Shuddha Gandhak*, *Triphala*, *Jeeraka*, *Pippalimula*, *Chitratanidula*, (*vidanga*) *Trikatu*, *Trisugandha*, *Chitraka* are the mentioned ingredients which are made into fine powders and thoroughly mixed and it should be administered along with *Madhu Ksheera* and *Sharkara* indicated 18 Types of *Kustha*, 4 types of *Grahani*, *Gulma*, *Muqtrakrucha*, *Vataroga*, *Sukrasthambaka*, According to *Baluka Tantra*<sup>[6]</sup> mixture of *Shuddha Gandhak*, *Triphala*, *Chitratanidula*, *Shunti*, *Maricha*, *Pippali Chitraka* should administered along with *Griha* indicated with *Atisara*, *Mandagni*, *Kustha*, *Grahani*, *Agnimandya*. All together there are 7 references found for *Gandhak Rasayana*, in that According to *Basavarajeeyam*,<sup>[1]</sup> *Agneyapurana*,<sup>[3]</sup> *BrihatYogaTarangini*,<sup>[4]</sup> *Rasendra Ratna Kosa*<sup>[7]</sup> *Bhavana Dravyas* are mentioned. According to *Basavarajeeyam*<sup>[1]</sup> explained about *Gandhak* along with *Bhavana Dravyas* are *Godugdha* (Cow Milk), *Chaturjataka Kashaya*, *Guduchi*, *Amlaki*, *Haritaki*, *Sunti Kashaya* along with *sita* indicated in *Kandu*, *pandu*, and *Jeerna Jwara*, According to *Agneyapurana* mixture of *Amra majja*, *Guduchi Satva*, *Trivrut*, *Shuddha Gandhak* should administered along with *Sarpi* and *Madhu* indicated *Rasayana*, According to *Brihat Yoga Tarangini* explained about *Gandhak Rasayana Aja ksheera*, *Ikshu danda Rasa*, *Guduchi*, *Madhu*, *Goksheera*, *Varahikandha*, *Yastimadhu*, *Kustha*, *Lavanga*, *Tulasi*, *Pippali*, *Pippalimula*, *Nagakesara*, *Triphala*, *Padmakabeeja* along with *Bhavana Dravya* Bringaraja *Swarasa* with *Sarkara* and *Madhu* indicated with *Valipalita*, *Jara*, 18 Types of *Kushta*, 20 Types *Prameha*, *Mutrakruchra*, *Gandamala*, *Gudhakeela*, *Bhagandhara*, *Rajodosh*, *Haleemaka* According to *Rasendra Ratna Kosa* explained about *Gandhak rasayana Shuddha Parada*, *Rasasindura*, *Suddha Gandhak*, *Tamra Bhasma*, *Louha basma* and *pippali* should administered with *Madhu* and *Sarpi* indicated in *Rasayana*.

## CONCLUSION

The formulation *Gandhak Rasayana* has multiple pharmaco-therapeutic properties. Among the *Tvakvikara* property of *Gandhak Rasayana* was highlighted in *Basavarajeeyam*. Other than *Tvakvikara* it is indicated in *Valipalita*, *Jara*, 18 Types of *Kushta*, 20 Types *Prameha*, *Mutrakruchra*, *Gandamala*, *Gudhakeela*, *Bhagandhara*, *Rajodosh*, *Haleemaka* important indication of *Gandhak Rasayana* is *Rasayana*. It is clearly mentioned in textbooks *Chikitsa Ratnabarana*,

*Vaidya Chintamani*, *Baluka Tantra*, the therapeutic efficacy of *Gandhak Rasayana* in *Tvakvikara*. It is advised to take with *Anupanas-Madhu* and *Sarpi*. In classical books *Basavarajeeyam*, *Agneyapurana*, *Brihat Yoga Tarangini*, *Rasendra Ratna Kosa* main indication in *Kustha*. It is advised to take with *Sarpi* and *Madhu* as *Anupana*. Since All together we get References about *Gandhak Rasayana*, in which some formulations should done *Bhavana* with *Bhavana Dravyas* and others with absence of *Bhavanadravyas*. Thus, *Gandhak Rasayana* can be used in many diseases and due to its different therapeutic actions, it is an important formulation mentioned in classics.

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