



Review Article

**RASAMRITAM: A COMPREHENSIVE STUDY ON RASAUSADHIES AND THEIR THERAPEUTIC GUIDELINES**

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**ABSTRACT**

*Ras Shastra* emerged in the Ayurveda medicinal tradition in addition to the use of minerals and metals. Numerous faiths, groups, and customs have influenced the evolution of *Ras Shastra*. As a result of this contribution, many books related to *Rasa Shastra* came into circulation. This tradition started from the medieval period and has persisted to the present time. Through *Rasamritam*, *Acharya* has actually presented the essence of the subject of *Ras Shastra* in this book in such a way that this book has actually become the nectar for the subject. This book contains the effective practical portion of the entire subject. It consist nine chapters and nine appendices in total. The text contains of both the theoretical and practical aspects. *Rasa yoga* are mentioned at the end of every chapter. Particularly, the ninth chapter only consist of *Rasa yoga*. Some of those are the new formulations, and some have been altered from the original text in some way. Few of the Unani formulations are also includes. The author also discusses possible chemical reactions and alterations while making *Rasaushadhies*. This article has been reviewed in order to gather all of the *Ras-yogas* mentioned in this text at one place. From this review, one can easily find the formulation with all the necessary information.

**INTRODUCTION**

Rasamrita is a 20<sup>th</sup> century book authored by Vaidya Yadavji Acharya <sup>[1]</sup>, Son of Vaidhya Trikamji and Smt. Manakbai. Published by Motilal Banarsidas. Hindi translation was done by Dr. Devnath Sing Gautam, and English translation by Dr. Damodhar Joshi and Dr. D.G. Prabhakar Rao. The book spans 315 pages and includes detailed explanations of various aspects of *Dravyas* (substances), their synonyms, processes, qualities, and applications. Special emphasis is placed on mercury in the first chapter, with detailed descriptions of its properties and applications. Chemical reactions occurring during metal refinement, including gold, silver, bronze, iron, and others, are discussed in the chapter on *Dhatu Vigyaniya*. Various substances such as *Makshika*, *Tuttha*, *Sindura*, etc., are

elaborated upon in this chapter. The fifth chapter discusses *Khatika* and *Godanti*, while the eighth chapter focuses on Gemology, providing information on gem chemical formulas and hardness. The ninth chapter includes detailed formulations.

It is an original work by author's, who is also known for his treatises "*Siddhayoga Sangraha*" and "*Dravya Guna Vigyana*". *Siddhayoga Sangraha* is renowned for its therapeutic formulations, including those from *Ras Shastra*, *Bhaishjya Kalpana*, and Unani medicine.

*Dravya Guna Vigyana* is notable for its mention of *Bhaishajya Kalpana* in the latter part of the text, covering formulations like *Panchvidh Kashaya Kalpana* and its *Upakalpanas*. Yadavji has edited and republished numerous texts of *Rasashastra* through the Nirnayasar Press, including "*Ras Prakash Sudhakara*", "*Ayurved Prakasha*", "*Ras Kamdhenu*", "*Madhukosh*", "*Rassara*", among others.

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**MATERIAL AND METHOD****1<sup>st</sup> chapter- Rasvigyaniya Adhyaya**

The first chapter describes six formulations, detailed in Table 1. Additionally, the preparation method of *Malla Sindura* is mentioned in this chapter, sourced from *Siddha Bheshaj Manimala*.

S.No	Formulation	Ingredients	Indication	Dose and Adjuvants
1.	<b>Kajjali</b>	Purified <i>Parad</i> (mercury) and <i>Gandhaka</i> (sulphur) – equal part	<b>Chemical reaction-</b> $\text{Hg} + \text{S} \xrightarrow{\text{Trituration}} (-\text{Hg-Hg-S-Hg-Hg-})_n$ polymer of Mercurus sulphide or $2\text{Hg} + 2\text{S} \xrightarrow{\text{Trituration}} \text{Hg}_2\text{S}_2 \text{ (black) Mercurus sulphide}$	
2.	<b>Rasa Parpati</b>	Purified mercury and sulphur - Equal parts or as mention in particular yogas.	Best in all types of digestive disorders. Extra beneficial in <i>Grahni roga</i> , <i>Jirnatissara</i> , <i>Agnimandhya</i> and <i>Pandu</i> .	1-10 <i>Ratti</i> (125-1250 mg), with roasted cumin powder (1.5-3 g) and 1/2 <i>Ratti</i> (62.5 mg) of purified <i>Hingu</i> . Then given milk, buttermilk or orange, sweet lemon etc. juices.
3.	<b>Rasa Sindura</b>	Purified mercury - 8 <i>Pala</i> (368 gm), Purified sulphur - 4 <i>Pala</i> (184 gm), <i>Nausadara</i> -1 <i>Karsh</i> (12 g), <i>Sphatika</i> -1 <i>Karsh</i> (12 g)	<i>Balakaraka</i> , <i>Vajikara</i> (aphrodisiacs), <i>Yogavahi</i> (bio enhancer) and <i>Rasayana</i> (rejuvenation).	1-2 <i>Ratti</i> (125-250 mg), honey or according to diseases.
4.	<b>Makardhwaja (Chandrodaya or Swarna Sindur)</b>	Purified mercury – 8 <i>Pala</i> (368 gm), Gold foil- 1 <i>Pala</i> (48 gm), Purified sulphur - 16 <i>Pala</i> (768 gm), <i>Nyagrodha shung</i> juice - q.s., <i>Aloe Vera</i> juice - q.s.	Increases the digestive fire, memory power, longevity and glow of the body, aphrodisiacs, geriatric disease.	1-2 tablets, BD (morning and evening), cow's milk along with <i>Mishri</i> . Cure all the diseases according to suitable adjuvant.
		<b>Chemical reaction -</b> $\text{Hg} + \text{Au} \xrightarrow{\text{Trituration}} \text{AuHg} \text{ (Amalgam of gold and Mercury)}$ $\text{AuHg} + \text{S} \xrightarrow{\text{Trituration}} \text{HgS} \text{ (Mercuric sulphide)} + \text{Au} \text{ (free form)}$		
5.	<b>Raskarpura</b>	<i>Sphatika</i> , <i>Nausadar</i> , <i>Kasis</i> , <i>Saindhava</i> , <i>Sora</i> , <i>Tutha</i> , <i>Tankana</i> - 4 <i>Tola</i> (46 g) each, Purified mercury - equal to above ingredients, Purified <i>Sankhiya</i> ( $\text{As}_2\text{O}_3$ ) - 2 <i>Tola</i> (24 g)	Cures complicated <i>Firanga roga</i> and <i>Nadivrana</i> .	1 <i>Ratti</i> (125 mg), BD, taken with a <i>Jatipatra swarasa</i> and <i>Grita</i> or milk along with <i>Ghrta</i> .
6.	<b>Darad Vati</b>	<i>Shuddha Hingula</i> , <b><i>Bhavna Dravya</i></b> - <i>Rasona</i> , <i>Palandu</i> , <i>Aadraka</i> and <i>Tambula Patra</i> - seven <i>Bhavna</i> of each	All types of <i>Vata</i> and <i>Kapha</i> diseases, especially rheumatism and chronic <i>Pratishyaya</i> .	2 <i>Ratti</i> (250 mg), given with milk or water 2-3 times a day.
7.	<b>Malla Sindura (S.B.M. 9)</b>	Purified mercury -9 parts, <i>Ras Karpura</i> -9 parts, purified gold, sulphur and <i>Malla</i> - 4.5 parts ( <i>Sardha-chatutha</i> ), <i>Aloe vera</i> juice – q.s.	All types of <i>Vata</i> and <i>Kapha</i> disorders, especially <i>Ardita</i> , <i>Pakshagata</i> , chronic <i>Pratishyaya</i> and cough dominated <i>Kasa-Shwasa</i> .	½ - 1 <i>Ratti</i> (62-125 mg), with honey or <i>Sitopaladi Churna</i> and honey. In <i>Kapha</i> disease- ginger or betel leaf juice or honey.

**2<sup>nd</sup> chapter – Gandhaka vigyaniya Adhyaya**

This chapter only mentions *Gandhaka Rasayana*, sourced from *Ayurveda Prakasha*. The preparation method involves purifying sulphur in cow's milk three times.

Following purification, the sulphur undergoes eight *Bhavna* (wet grinding) cycles with various ingredients including *Chaturjata* (*Twak, Ela, Tejpatra, Nagkeshara*), *Guduchi, Triphla* (*Amalki, Haritaki, Bibhitak*), *Bhringraj*, and *Adraka or Sunthi*. After completing all *Bhavna* cycles, equal amounts of *Sharkara* (*Mishri*) are added. The resulting mixture is formed into tablets ranging from 4-8 Ratti (500mg- 1 g). Dosage recommendation; Twice daily with water, milk, honey, *Manjisthadi Kwath, Mahatikta ghrita, or Khadirarista*.

**3<sup>rd</sup> chapter – Lohavigyaniya Adhyaya**

The chapter discusses a total of nine formulations, including *Ayaskriti* from *Shusruta Chikitsa 10*, *Pitala Rasayana* from *Rasendra Chudamni*, and *Kasisa Drava* from *Ras Tarangini*. Additionally, some Unani drugs are described, such as **Jangar, Sapheda, Gile Armani, and Gile Makhtuma**. The chapter also explains possible chemical reactions and compound formations during the general purification of metals using substances like oil, buttermilk, and cow's urine.

S.No.	Formulation	Ingredients	Indication	Dose
1.	<b>Pitala Rasayana</b> (R.Chu. 14)	<i>Pital Bhasma, Kantaloha Bhasma, Abhraka satwa Bhasma, Bakuchi bija, Shunthi, Maricha, Pippali, Vidanga, Musta, Palas bija, Ajmoda, Chitraka, Bhallataka, Tila</i> - All are in equal part	<i>Dipana -Pachana</i> (digestion), Cures <i>Krimi</i> (worms) and <i>Kustha</i> (leprosy); especially it destroys <i>Shweta Kustha</i> (white leprosy).	<i>Niska matra</i> (1.5 g.)
2.	<b>Nilakantha Rasa</b>	Pure <i>Tuttha</i> 1 Pala (48 g), <i>Pathya churna</i> (powder) 8 Pala (384 g), Giving seven <i>Bhavna</i> of lemon juice, make tablets and dry them.	Cures the troublesome <i>Firanga roga</i> . <i>Pathya</i> – rice, wheat bread or porridge, moong dal, ghee and milk.	2 Ratti (250 mg) 1 tablet, BD (AM - PM), with <i>Anantmool Hima</i> (cold infusion).
3.	<b>Tuttha Drava</b>	Pure <i>Tuttha</i> -2 ratti (250 mg), <i>Arka Taruni pushpa</i> ( <i>Gulab</i> )/ pure or distilled water - 5 Tola	- Treats and heals the ulcer. - Washing the eyes with <i>Triphala Hima</i> and putting one drop in the eyes, it cures cataract, glaucoma etc.	
4.	<b>Tuttha Malhara</b>	<i>Tuttha</i> - 20 Ratti ( 2500 mg), <i>Siktha taila</i> - 10 Karsh (120 g)	By applying this <i>Lepa</i> , it treats long terms <i>Pamaa</i> .	
5.	<b>Swarnavanga</b>	Pure <i>Vang</i> - 12 Tola (144 g), Pure mercury – 6 Tola (72 g), <i>Sandhav Lavan</i> , Lemon juice - q.s., Pure sulphur - 6 Tola, <i>Nausadar</i> - 6 Tola	<i>Prameha</i> , chronic cough, <i>Swasa</i> etc.	1-2 Ratti (125-250mg), taken with honey.
		<b>Chemical reaction</b> - $\text{Sn} + \text{Hg} + \text{S} + \text{NH}_4\text{Cl} \longrightarrow \text{SnS} + \text{HgS}$ (Tin sulphide + Mercuric sulphide)		
6.	<b>Swayamagni-lohabhasma</b>	Pure mercury - 1 part Pure sulphur – 2 part, (make <i>Kajjali</i> ) Fine iron powder- equal to <i>Kajjali</i> <i>Kumari</i> juice – q.s.,	Having all the properties of <i>Loha Bhasma</i> and this <i>Bhasma</i> is <i>Varitara</i> .	
7.	<b>Lohabhasma-anya prakara</b>	Pure iron powder- 20 Tola (240 g), Pure sulphur-1 Tola (12 g), Pure <i>Raskapura</i> - 3 Masha, <i>Kumari swaras</i> - q.s.	<i>Brihan, Balya and Vajikarana</i> .	1 Ratti (125 mg) with honey, Then taken milk heated with 1.5 grams of <i>Salam Panja</i> powder.
8.	<b>Kasisa Drava</b> (R.T. 21)	Pure <i>Kasisa</i> (ferrous sulphate)- 5 Ratti (625 mg), Distilled water – 2.5 tola (30 ml)	-Soaking a cloth in it and placing it on <i>Visarpa-Shotha</i> , provides relief. -Injecting 5 Tola of <i>Kasisa drava</i> into the anus	

			with a small syringe (glycerine syringe), provides relief in <i>Arsha</i> and <i>Guda-bhransa</i> (dysentery).
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#### 4<sup>th</sup> Chapter – *Mallavigyaniya Adhyaya*

The chapter presents a total of five formulations, including *Tala Sindura* from *Siddha Bhesaja Manimala* and *Rasamanikya* from *Ras Tarangini*.

S.No.	Formulation	Ingredients	Indication	Dose and Adjuvant
1.	<b><i>Malla vati</i></b>	Pure <i>Sankhiya</i> (arsenic trioxide)- 1 part, <i>Ras-sindura</i> - 1 part, <i>Guchuchi satwa</i> - 100 parts, <i>Arka Gulab</i> - q.s.	<b><i>Apathya</i></b> - <i>Amla</i> , <i>Katu</i> and <i>Tikshna</i> substance. <b><i>Pathya</i></b> - Wheat, ghee, milk, rice.	1-2 tab., BD (morning-evening), In appropriate proportion.
2.	<b><i>Phenashma Drava</i></b>	Pure <i>Sankhiya</i> (arsenic trioxide)- 1 part, <i>Yava kshara</i> - 1 part, Distilled water- 100 parts, <i>Vishuddha Madhya</i> - 5 parts	Cures <i>Kapha-vata</i> diseases, <i>Balya</i> , <i>Vrishya</i> , <i>Rasayana</i> , <i>Swasa</i> , <i>Sheet-jwara</i> , <i>Pandu</i> , <i>Pliha vridhhi</i> , <i>Firanga</i> , <i>Sleepada</i> , <i>Sandhivata</i> and <i>Kustha</i>	1-5 drops mixed in 2 <i>Tola</i> (24ml) water and given after meals. Avoid <i>Amla</i> , <i>Katu</i> and <i>Tikshna</i> substance.
3.	<b><i>Tala Sindura</i></b> (S.B.M. 5 gu.)	Purified mercury - 6 parts, Pure <i>Hartala</i> (arsenic trisulphide), <i>Sankhiya</i> and sulphur - 1 part	All type of <i>Vata</i> and <i>Kapha</i> diseases.	½ - 1 <i>Ratti</i> (62-125 mg), with honey or <i>Ghrita</i> .
4.	<b><i>Rasamanikya</i></b> (R.T.A. 13)	Pure <i>Hartala</i> - 2 <i>Masa</i> (2 gm), White mica sheet - as required	<i>Kasa</i> , <i>Shwasa</i> , <i>Jirna Jwara</i> , chronic <i>Firanga roga</i> , <i>Vatarakta</i> , <i>Kustha</i> , <i>Nadi-vrana</i> etc.	½ - 1 <i>Ratti</i> (62-125 mg), with honey or <i>Ghrita</i> .
5.	<b><i>Shila Sindura</i></b>	Pure <i>Mansila</i> (arsenic disulphide)- 2 <i>Pala</i> , pure mercury- 2 <i>Pala</i> , pure sulphur- 2 <i>Pala</i> , <i>Kumari Swaras</i> - q.s.	Due to its special adjuvants, it cures all types of <i>Kapha</i> and <i>Vata</i> diseases.	1/2- 1 <i>Ratti</i> (62-125 mg), with honey and <i>Ghrita</i> .

#### 5<sup>th</sup> Chapter – *Sudhavigyaniya Adhyaya*

Total 5 formulations are mentioned, among them *Churnodaka* is taken from *Ras Tarangini*. One of the Unani drugs, *Surmaye Sapheda* also mentioned.

S.No.	Formulation	Ingredients	Indication	Dose
1.	<b><i>Churnodaka</i></b> or <b><i>Sudhodaka</i></b> (R.T.A.11)	<i>Churna</i> (lime powder) - 2 <i>Ratti</i> (250 mg), distilled water - 5 <i>tola</i> (60ml)	- Given with milk, digests the milk and cures acidity, worms, colic and duodenal disorders. - Gargling with lime juice, curing mouth ulcers. - Injecting 5-10 <i>Tola</i> (60-120 ml) into the anus, destroys intestinal worms. - Take equal parts of lime and linseed ( <i>Atasi</i> ) or coconut oil, stirring until water and oil mix well, Applying it on the burnt area, calms the burning sensation.	
2.	<b><i>Sudha Parpati</i></b>	<i>Churna</i> (Lime) -1 part, pure sulphur -2 parts triturate for 1 <i>Prahara</i> (3 hrs) and make <i>Parpati</i> , same as <i>Ras Parpati</i> .	Provide quick relief in <i>Mukhdushika</i> / <i>Yauvan Pidika</i> (pimples), <i>Kanthmala</i> , <i>Prameha Pidika</i> , mumps and boils.	1-2 <i>Ratti</i> (125- 250 mg), with water or milk.
3.	<b><i>Khatika Pradhana Yoga</i></b>	Pure <i>Khatika</i> - 11 parts, <i>Keshar</i> -1 part, <i>Ela</i> seeds -1 part, <i>Lavanga</i> -2 part, <i>Jayphala</i> -2 part, <i>Mishri</i> - 11 parts	<i>Atisara</i> (diarrhoea), <i>Vaman</i> (vomiting)	1.5- 3 <i>Masha</i> (1.5-3 g.), with <i>Saunph Arka</i> or <i>Hima</i> .



4.	<b>Godanti Bhasma</b>	Purified <i>Godanti churna</i> , <i>Bhavna - Kumari</i> or <i>Nimba patra Swarasa</i>	<i>Shira-shoola</i> , <i>Jwara</i> , <i>Kshaya</i> , <i>Kasa</i> , <i>Pandu</i> , <i>Urakshata</i> , <i>Bala-shosa</i> , <i>Sweta pradara</i> (leucorrhoea)	1-2 <i>Masha</i> (1-2 g.), with honey, cow's milk or <i>Ghrita</i> .
<b>Chemical reaction</b> - $\text{CaSO}_4 \cdot 2\text{H}_2\text{O} \xrightarrow{\Delta} \text{CaSO}_4 \cdot \frac{1}{2}\text{H}_2\text{O} \xrightarrow{\Delta} \text{CaSO}_4$ (Calcium sulphate)				
5.	<b>Kashisa-Godanti Bhasma</b>	Pure <i>Kasis</i> - 1 part, Pure <i>Godanti</i> powder - 7 parts <i>Kumari Swarasa</i> - q.s.	<i>Prasasta</i> in <i>Pandu roga</i> (anaemia).	4-8 <i>Ratti</i> (500 mg-1g.), with milk

### 6<sup>th</sup> Chapter – *Siktavigyaniya Adhyaya*

The chapter discusses various *Danta-manjana*, *Pisti*, *Malhara* and *Lepa* formulations prepared from ingredients such as *Dugdhpashana*, *Nagpashana*, *Kausheusma* and *Badrasha*. It also mentions a formulation called *Sikta Pradhana Yoga*, sourced from *Gadanigraha*.

S.No.	Formulation	Ingredients	Indication	Dose
1.	<b>Sikta Pradhana Yoga</b> ( <i>Gadnigraha-Kasadhikar</i> )	Fine powder of silica, <i>Taila</i> , ghee, <i>Vasa</i> , <i>Majja</i> , <i>Madhu</i> , <i>Grihdhum</i> , <i>Triphala rasakriya</i> – all this are churned well and use.	<i>Urakshata</i>	3-6 <i>Masa</i> (3-6 gm), with milk
2.	<b>Gugdhapashana</b> (Talc or Soft stone)			
	<b>Malhara</b>	<i>Dugdhapashana</i> -8 part, <i>Khunkharaba</i> -1part, <i>Raskapura</i> - ¼ part, Prepared <i>Malhara</i> with 20 part of <i>Siktha Taila</i> .	<i>Uapdamsha</i> , <i>Vrana shodhana-ropana</i> .	
	<b>Danta-manjana</b>	<i>Dugdhapashana</i> -4 part, <i>Sukhma Ela</i> -1 part, <i>Kababchini</i> -1 part, <i>Kattha</i> -1 part, <i>Maulsiri</i> root-2 part, Prepared <i>Danta-manjana</i> with above ingredients.	<i>Mukhapaka</i> and strengthen the gums.	
	<b>Raktapittahara Yog</b>	<i>Dugdhapashana</i> , <i>Nagkeshara</i> and <i>Dammulakhavena</i> - Equal parts	Stop bleeding in <i>Raktapitta</i> .	
3.	<b>Kausheyashma</b> (asbestos)	Used in <i>Danta-manjana</i> and <i>Bhasma</i> preparation.	<i>Bhasma</i> is used in <i>Dantapuya</i> , <i>Prameha</i> and <i>Pradara</i> .	
4.	<b>Nagapashana</b> or <b>Jaharmohra</b> (serpentine or Ophite stone)	<i>Jaharmohra pisti</i> is prepared with <i>Arka Gulab</i>	<i>Hridspandana</i> , <i>Hrid-daurbalya</i> and <i>Vamana</i> .	2-8 <i>Ratti</i> , with <i>Arka</i> of rose, <i>Kevda</i> or <i>gajwain</i> .
		<i>Jaharmohra</i> , coconut water and papaya – triturate with <i>Arka Gulab</i>	Cholera	
5.	<b>Badrasha</b> (silicate of lime) In Unani, called as <b>Hajrul Yahuda</b> .	<b>Pisti</b> - Triturated it in <i>Gulab arka</i> or <i>Chandana arka</i>	Diuretics, anti-emetic, <i>Pittashaman</i> , <i>Ashmari shoolahara</i> , <i>Ashmari-Sarkara niskasana</i> from <i>Mutrarmarga</i> (urinary track).	
		Triturated with water and <i>Lepa</i> on lower abdomen.	<i>Mutravrodhahara</i> (diuretics)	

### 7<sup>th</sup> Chapter - *Lavana- Kshara vigyaniya Adhyaya*

The chapter discusses six types of salt and their properties: *Sandhava* (rock salt), *Samudra*, *Romaka*, *Vida* (ammonium chloride), *Sauvarchala*, and *Audbhida lavana*. Additionally, common properties of these salts are described separately. Furthermore, mentions various types of *Kshara* (alkaline substances) such as *Yava kshara*, *Swarjikshara*, *Tankana*, *Sphatika*, *Parpata kshara*, and *Surya kshara*, along with their respective properties.

### 8<sup>th</sup> Chapter – *Ratnavigyaniya Adhyaya*

The chapter introduces a unique formulation that affects both the heart and brain. It also describes some Unani drugs such as *Sange Yashab* (Jade) and *Kahruba* (*Trinakanta* - Succinum). Furthermore, the opinions of Unani *Vaidhyas/Hakeemas* regarding the incineration of *Ratna* (gems) are provided.

Formulation	Ingredients	Indication	Dose and Adjuvant
<b>Ratna Pradhan Yoga - Jawaharamohra</b>	<p><i>Manikya Pisti</i> -2 Tola (23gm),  <i>Panna Pisti</i> - 2 Tola (23 gm),  <i>Nilam Pisti</i>- 2 Tola (23 gm),  <i>Mukta Pisti</i>- 2 Tola (23 gm),  <i>Silver Patra</i>-2 Tola (23 gm),  <i>Gold Patra</i>- 1 Tola (11.5/12 gm),  <i>Sea coconut churna</i>- 4 Tola (46 gm),  <i>Resham churna</i>- 2 Tola (23 gm),  <i>Mrigshringa Bhasma</i> -4 Tola (46 gm),  <i>Hastidant churna</i> - 2 Tola (23 gm),  <i>Jad-var Khatai churna</i> 2 Tola (23 gm),  <i>Jaharamohra Khatai Pisti</i>-2 Tola (23 gm),            - Seven <i>Bhavna</i> are given with <i>Ark Gulab</i>.            - Add on 8<sup>th</sup> day  <i>Kasturi</i>- 1 Tola (11.5/12 gm),  <i>Ambar</i> - 2 Tola (23 gm), again 1 day trituration with <i>Ark Gulab</i>.</p>	Strengthen heart and brain, palpitations of the heart (especially <i>Jawahar Mohra</i> ), weakness and irregularity of the pulse, excessive sweating, feeling short of breath while walking due to weakness of the heart, confusion and forgetfulness due to weakness of the brain etc.	<p>1 <i>Ratti</i> (125 mg), BD/TDS, with honey.</p> <p>Then after take the milk, <i>Arka Kevda</i>, <i>Arka bedmusk</i> or <i>Arka Gajwain</i> flower.</p>

### 9<sup>th</sup> Chapter – Rasayogvigyanaya Adhyaya

This chapter is separately given for *Ras* formulations. In this total 66 herbo-mineral or metallic formulations are given. Among them 39 formulations are given by author. Another remain 27 formulations are taken from various texts of *Ras shastra*, among them minor changes are done into some of formulations from the original text.

#### Formulations mentioned in this chapter mention in below table

S.No.	Formulations	Indications	Dose and Adjuvant
1.	<b><i>Agnikumar Rasa</i></b>	<i>Ajirna</i> (indigestion) caused by <i>Kapha - Vata</i> , stomach ache, <i>Gulma</i> and <i>Agnimandhya</i> .	2 <i>Ratti</i> (250 mg), 1-2 tablets (a.m.-p.m.) with water, buttermilk or pomegranate juice
2.	<b><i>Agnitundi Vati</i></b>	Increases appetite, food gets digested properly and cures <i>Agnimandhya</i> , <i>Ajirna</i> (indigestion), stomach ache and <i>Adhmana</i> (flatulence).	1-2 tablets (size of moong), BD/TDS, with water or buttermilk.
3.	<b><i>Ajirnari Rasa</i></b>	<i>Deepana- Pachana</i> By consuming it, more food is eaten, food gets digested and diarrhoea gets cleared.	2 <i>Ratti</i> (250 mg), 2-4 tablets with water or buttermilk.
4.	<b><i>Atisarahari Vati</i></b>	Cures all types of diarrhoea.	3 <i>Ratti</i> (375 mg), 2-3 tablets for every 4 hour, given with cold water, buttermilk, pomegranate juice or fennel extract.
5.	<b><i>Ashwakanchuki Rasa</i></b>	Use it when there is a need for purgation in diseases like <i>Jwara</i> (fever), <i>Udararoga</i> (ascites), <i>Swasa</i> , <i>Vibandha</i> (constipation) etc.	2 <i>Ratti</i> (250 mg), 1-2 tablets with ginger juice or water.
6.	<b><i>Kamdudha Rasa</i></b>	<i>Raktapitta</i> , <i>Trishna</i> (thirst), <i>Daha</i> (burning), <i>Bhrama</i> (confusion), and <i>Murchha</i> (fainting)	1-2 <i>Masha</i> (1-2 grams) with cold water, rice water or sandalwood extract.
7.	<b><i>Kamlaharo Rasa</i></b>	Helps in digestion, purgative and cures <i>Kamla</i> disease.	1 <i>Masha</i> (1 gram) with buttermilk (from which butter is extracted).
8.	<b><i>Kalari Rasa</i></b>	<i>Vata-jwara</i> , <i>Kapha-jwara</i> and <i>Vata-kapha</i> dominant <i>Sannipataja Jwara</i> ,	2 <i>Ratti</i> (250 mg), 1 tablet with ginger juice, basil juice or half

		<i>Vishamajwara</i> etc.	residue decoction of seven to eleven clove ( <i>Lavanga</i> ). Or according to conditions of <i>Jwara</i> .
9.	<b><i>Kasakartari Gutika</i></b>	Cures <i>Kasa</i> , <i>Swasa</i> , <i>Kshaya</i> and <i>Hikka</i> .	2-4 <i>Ratti</i> (250-500 mg) with honey.
10.	<b><i>Krimikuthar Rasa</i></b>	Consuming it for 21 days destroys all types of stomach worms.	3 <i>Ratti</i> (375 mg), 2-4 tablets with <i>Nagarmotha</i> decoction.
11.	<b><i>Chaturbhuj Rasa</i></b>	<i>Apasmara</i> (epilepsy), <i>Vata-Kapha</i> dominant <i>Sannipata Jwara</i> , <i>Kasa</i> , <i>Agnimandhya</i> , <i>Kshaya</i> , Especially beneficial in trembling of hands-feets and head, <i>Pakshagata</i> (legs and head and paralysis).	1 <i>Ratti</i> (125 mg) along with <i>Triphala</i> powder and honey, gives <i>Rasayana</i> effects.
12.	<b><i>Chaturmukha Rasa</i></b>	<i>Rajyakshma</i> , <i>Amlapitta</i> , <i>Apasmara</i> , <i>Unmada</i> , <i>Bhrama</i> (dizziness), <i>Murchha</i> (stupor), <i>Prameha</i> , <i>Vataroga</i> , weakness of heart and mind etc.	1-2 <i>Ratti</i> (125-250 mg), give it twice a day (a.m.-p.m.) with <i>Triphala</i> powder (1.5-3 grams) and honey (3-6 grams).
13.	<b><i>Chandanadi Lauha</i></b>	All types of chronic fevers get cured, increases appetite and blood.	2 <i>Ratti</i> (250 mg) with honey
14.	<b><i>Chandrakaka Rasa</i></b>	Beneficial in burning sensation in the body, dizziness, fainting, <i>Urdhva-Adhoga Raktapitta</i> , <i>Rakta kasa</i> (coughing up blood), <i>Rakta vanti</i> (vomiting of blood), <i>Raktapradara</i> , <i>Rakta-arsh</i> (bleeding haemorrhoids), <i>Jirnajwara</i> and <i>Mutrakrichha</i> (dysentery).	Give 1-2 tablets (size of chick pea), BD/TDS, with cold water, <i>Ushirasava</i> , <i>Ashokarishta</i> or <i>Petha</i> juice.
15.	<b><i>Chandrakala Vati</i></b> ( <i>Ras Sanket Latika 5</i> )	Used in all types of <i>Prameha</i> especially <i>Shukrameha</i> and <i>Swapnadosa</i> (nocturnal emission).	3 <i>Ratti</i> (375 gm), mix two tablets with honey and give cow's milk on top of that.
16.	<b><i>Chanraprabha Vati</i></b>	- This yoga provides good relief in all types of diseases like <i>Prameha</i> , <i>Mutrakrichha</i> (dysentery), <i>Mutragata</i> , <i>Ashmari</i> , <i>Arsha</i> (pile), <i>Shoola</i> (pain), <i>Kamala</i> , <i>Panduroga</i> (jaundice), <i>Sukra</i> (sperm) and <i>Aartava-janya</i> disease in women etc.	3 <i>Ratti</i> (375 gm), two tablets with water, milk or decoction according to diseases. [Many <i>Vaidyas</i> of Gujarat, make it by adding 8 tola (92gm) of <i>Shweta Shilajatu</i> ( <i>Kalami Sora</i> ) instead of black <i>Shilajit</i> and do not add <i>Makshika Bhasma</i> and <i>Loha Bhasma</i> .]
17.	<b><i>Chandramrit Rasa</i></b>	If having any type of cough, asthma and mild fever along with it, then it has good benefits.	3 <i>Ratti</i> (375 mg), mix one tablet with honey and chew it and then give goat milk, <i>Gojihvadikwath</i> , <i>Draksharishta</i> or <i>Sharbat-joofa</i> .
18.	<b><i>Jwarasanhara Rasa</i></b>	According to <i>Anupana-vishesh</i> beneficial in all types of fevers; especially <i>Vata</i> and <i>Kapha jwara</i> . It is used alone or mixed with <i>Godanti Bhasma</i> to cure cough.	2 <i>Ratti</i> (250 mg), one or two tablets with honey or any of <i>Jwarahara</i> (antipyretic) <i>Kwatha</i> .
19.	<b><i>Tamra Parpati</i></b>	1-3 <i>Ratti</i> (125-375 mg). <ul style="list-style-type: none"> <li>• Taking it with small cardamom and roasted cumin seeds cures chronic <i>Grahani roga</i>,</li> <li>• Along with <i>Triphala</i> powder and honey cures <i>Prameha</i> and <i>Panduroga</i></li> <li>• With castor oil cures all types of <i>Shoola</i> (pain),</li> </ul>	

		<ul style="list-style-type: none"> <li>With Bakuchi seed powder cures <i>Dadru</i> and <i>Switra</i> (white leprosy).</li> <li>An excellent medicine for liver diseases, enlargement of spleen and stomach diseases.</li> </ul>	
20.	<b>Tiktadyam Lauha</b> ( <i>Lohasarvasva</i> )	<i>Dhatugata</i> chronic fever, enlargement of spleen, anorexia and emaciation.	2-4 <i>Ratti</i> (250-500 mg), mix with 3 <i>Masha</i> (3 gm) of honey and 6 <i>Masha</i> (6 gm) of cow's ghee.
21.	<b>Trinetra Rasa</b>	Cures all types of heart diseases. If there is no proper benefit from taking this yoga, then mix a pill of <i>Jawaharmohra</i> with it.	4-8 <i>Ratti</i> (500 mg-1 gm) with honey and then drinking the decoction of the root of <i>Bala</i> ( <i>Khareti</i> ).
22.	<b>Tribhuvankirti Rasa</b>	Use in all types of <i>Taruna jwara</i> , especially in <i>Vata</i> and <i>Kaphaja Jwara</i> , brings down the fever by inducing sweating. If the fever does not subside after using it for three-four days, then it should not be used further.	1 <i>Ratti</i> (125 mg), give one tablet 3-4 times a day as per need, along with ginger juice and honey or basil juice and honey or basil and <i>Bilva patra</i> fant or any antipyretic decoction.
23.	<b>Navayasa Churna</b> ( <i>Ch. S. 16</i> )	Beneficial in jaundice which follows fever and in heart disease, chronic <i>Vishama Jwara</i> , enlargement of spleen, piles and <i>Kamala</i> .	3-4 <i>Ratti</i> (375-500 mg) with milk or buttermilk.
24.	<b>Nagvallabh Rasa</b> ( <i>Y.R. Kasadikara</i> )	Cures all types of <i>Vata</i> and <i>Kapha</i> based diseases, <i>Kasa</i> (cough), <i>Swasa</i> (shortness of breath), body pain, diabetes etc., excellent <i>Vajikar</i> (aphrodisiac) and <i>Balavardhaka</i> (tonic).	One tablet (size of green gram) with ginger juice or honey.
25.	<b>Nrapativallabh Rasa</b> ( <i>B.R. Grahnidhikar</i> )	Best yoga for <i>Agnimandha</i> and the diseases caused by it and diseases like <i>Atisara</i> (diarrhea), <i>Grahani</i> etc. caused by liver defects.	3 <i>Ratti</i> (375 mg), 1-2 tablets, with water or buttermilk.
26.	<b>Panchamrita Parpati</b>	Use it in <i>Atisara</i> (diarrhoea), <i>Grahani</i> , <i>Panduroga</i> , <i>Aruchi</i> (anorexia), <i>Swasa</i> , <i>Agnimandya</i> (indigestion), <i>Shoola</i> (pain) and <i>Amlapitta</i> . [In case of acidity, use it by mixing it with <i>Shatapatriyadi</i> powder or <i>Drakshadi</i> powder.]	1-3 <i>Ratti</i> (125-375 mg), 2-3 times a day, licking along with roasted cumin powder and honey, then give milk, buttermilk or juice of fruits like pomegranate etc. on top of it.
27.	<b>Panchamrita loha Guggulu</b> ( <i>B.R.</i> )	Provides good relief in <i>Gridrasi</i> (sciatica), <i>Avabhuk</i> , waist and knee pain and gout etc <i>Vataja roga</i> .	4 <i>Ratti</i> (500mg), give one tablet in the morning and evening, with milk or <i>Chopchini</i> , <i>Asgandh</i> , <i>Eranda mool</i> , <i>Indrayan</i> root, <i>Ushaba</i> , dry ginger and <i>Suranjan</i> etc any of decoction.
28.	<b>Pittantaka Rasa</b>	Cures all types of bile-based diseases such as <i>Kostha</i> or <i>Shakhagata Pitta</i> , <i>Paitika Shoola</i> , <i>Amlapitta</i> , <i>Panduroga</i> , <i>Halimaka</i> , <i>Arsha</i> , <i>Vamana</i> (vomiting) and <i>Bhrama</i> (confusion).	1-2 tablets, with sandalwood extract or sandalwood cold infusion.
29.	<b>Piyushvalli Rasa</b> ( <i>B.R. Grahnidhikara</i> )	It is digestive and <i>Grahi</i> and cures any type of <i>Atisara</i> and <i>Grahani roga</i> .	1-2 tablets, with cold water, Isabgol juice or <i>Bilva</i> fruit sharbat/juice.
30.	<b>Pravala Panchamrita Rasa</b>	Cures <i>Grahani</i> , <i>Rajyakshma</i> , <i>Swasa</i> , <i>Kasa</i> , <i>Hrid roga</i> (heart disease) and <i>Parinama shola</i> .	2-4 <i>Ratti</i> (250-250mg), with honey and ghee.



31.	<b>Balarka Rasa</b>	Cures <i>Vata-Kapha</i> -dominated <i>Atisara</i> (diarrhoea), <i>Krimi</i> (helminthiasis), cough, fever, vomiting and convulsions in children.	1 <i>Ratti</i> (125 mg), one tablet 3-4 times a day, with ginger, betel leaves, <i>Adusa</i> leaves or <i>Brahmi</i> , swaras of any one and honey
32.	<b>Madhumeha-vinashini Vatika</b>	Beneficial in diabetes. If 1 <i>Tola</i> (12gm) of <i>Swarna Bhasma</i> is added to this formulation, then it has special properties.	3 <i>Ratti</i> (374mg), 3 tablets four times a day (every 4 hours) with water or fresh turmeric and <i>Amlaki</i> juice.
33.	<b>Mahagandhaka Yoga</b> (B.R. <i>Atisaradhikara</i> )	It is a good <i>Deepana</i> , <i>Pachana</i> and <i>Grahi yoga</i> . It provides good relief in <i>Atisara</i> , <i>Pravahika</i> and <i>Grhani roga</i> .	3 <i>Ratti</i> (375 mg), 1-2 tablets given with water, sweet pomegranate juice, rice soaked water or any <i>Atisara-hara</i> decoction.
34.	<b>Mahavataraja Rasa</b> ( <i>Siddhabhesaj-Manjusha P-32</i> )	1 <i>Ratti</i> (125 mg), taken 1-2 tablets with suitable adjuvant, destroys those diseases. <ul style="list-style-type: none"> <li>• In <i>Madhumeha</i> taken with <i>Bilvapatrasvaras</i></li> <li>• In <i>Parsvashool</i>, along with decoction of <i>Pushkarmool</i> and <i>Bharangimool</i>,</li> <li>• <i>Bilvadi</i> powder in <i>Atisara</i> (diarrhoea)</li> <li>• Grass of sea coconut and <i>Jaharmohra</i> stone in case of <i>Kalatisara</i> (cholera)</li> <li>• Decoction of <i>Ashwagandha</i> and <i>Erondamool</i> in <i>Vataroga</i></li> <li>• Ginger juice in <i>Pratishyaya</i></li> </ul>	
35.	<b>Mahashankha Vati</b> (B.R. <i>Agnimandyadhikara</i> )	Food gets digested, gastric fire gets ignited and <i>Agnimandhya</i> , <i>Ajirna</i> , <i>Aadhmna</i> (flatulence) with pain, <i>Vata-Kapha</i> dominated <i>Grahani roga</i> etc. are cured. Taking this after eating a heavy food, the food gets digested easily.	2 <i>Ratti</i> (250 mg), consume two tablets with water after meals.
36.	<b>Mringanko Rasa</b>	Best medicine for <i>Rajayakshma</i> . [Diet includes goat meat and if the patient is a vegetarian, then consumed goat milk.]	1-2 <i>Ratti</i> (125-250 mg) or 2-4 <i>Ratti</i> (250-500 mg). Mix <i>Pippali</i> powder, fresh butter and honey and lick it.
37.	<b>Yastyadilo/ Dhatriloha</b> ( <i>Lohasarvasva</i> )	Gives good results in <i>Parinamashoola</i> .	Consuming it 1 <i>Masha</i> (1 gm) with 1 <i>Masha</i> (3gm) honey and 6 <i>Masha</i> (6 gm) of Cow's ghee.
38.	<b>Yogaraja</b> ( <i>Ch.Chi. 16</i> )	<i>Panduroga</i> , <i>Kasa</i> , <i>Yakshma</i> , <i>Vishama Jwara</i> , <i>Kustha</i> , <i>Ajirna</i> , <i>Prameha</i> , <i>Shosa</i> , <i>Swasa</i> , <i>Arochaka</i> , <i>Apasmara</i> , <i>Kamala</i> and <i>Arsha</i> . Especially beneficial in <i>Apasmara</i> (epilepsy).	6 <i>Ratti</i> , Give 1-2 tablets in the morning and evening with milk.
39.	<b>Raktapitta-kulkandana Rasa</b> (Y.R)	This juice is an excellent medicine for <i>Raktapitta</i> (blood coming from any other part of the body).	4-8 <i>Ratti</i> (500 mg-1gm), taken with <i>Swarasa</i> of <i>Vasa</i> and honey or juice of white <i>Kushmand</i> ( <i>Petha</i> ).
40.	<b>Raktapittahara Rasa</b>	Best yoga for <i>Raktapitta</i> .	4 <i>Ratti</i> (500 mg), with honey.
41.	<b>Rasaraja Rasa</b>	In all types of <i>Vataroga</i> , especially <i>Pakshagata</i> (paralysis), <i>Ardita</i> , <i>Hanusthambha</i> (stiffness of jaw), <i>Apatantraka</i> , <i>Akshepaka</i> , <i>Karna-nada</i> (tinnitus) and <i>Shiro-Bhrama</i> (dizziness).	2 <i>Ratti</i> (250 mg), mix 1 tablet with honey in the morning and evening and give cow's milk over it.
42.	<b>Rasadi-Pralepa</b> ( <i>Vaidhya Jivana</i> )	<i>Kandu</i> , <i>Pama</i> , <i>Dadru</i> and <i>Vicharchika</i> .	For external application (wash the affected area with warm water and apply).
43.	<b>Rasadi Churna</b> (Y.R. <i>Vamanadhikara</i> )	<i>Vamana</i> (vomiting), <i>Amlapitta</i> (acidity), <i>Hikka</i> (hiccups) and <i>Vidagdhajirna</i> . Use it	2-6 <i>Ratti</i> (250-750mg), given after every 2-3 hours or as needed, along

		alone or with 2 Ratti of <i>Jaharmoharpishti</i> .	with honey, cold water, <i>Lajamanda</i> , sandalwood extract or mint juice.
44.	<b>Rasadi Vati</b> (Y.R. Dahadhikara)	Excellent in any kind of burning, thirst, hiccups, diarrhoea and vomiting.	2-4 Ratti (250-500mg), 1-2 tablets, along with water, rose extract, sandalwood extract or <i>Lajamand</i> .
45.	<b>Rohitaka Lauha</b>	<i>Yakrita</i> and <i>Pliha vraddhi-shotha</i> (enlargement of liver and spleen), <i>Panduroga</i> and chronic <i>Vishama-jwara</i> .	3 Ratti (375 mg), with cow's urine or buttermilk.
46.	<b>Lakshmivilaso Rasa</b>	Cures all types of <i>Kapha</i> and <i>Vata</i> diseases; <i>Pratishyaya</i> , <i>Jwara</i> , <i>Kasa</i> , <i>Swasa</i> and <i>Rajyakshma</i> . This yoga is <i>Balya</i> , <i>Vrishya</i> and <i>Deepana</i> .	3 Ratti (375 mg), consuming 1 tablet, 3-4 times a day, with <i>Vasa</i> , ginger or betel leaves juice.
47.	<b>Lohasava</b>	<i>Panduroga</i> , <i>Shotha</i> , <i>Gulma</i> , <i>Udara roga</i> , <i>Arsha</i> , <i>Pliha-vraddhi</i> (enlargement of spleen), <i>Jirna-jwara</i> (chronic fever), <i>Kasa</i> , <i>Swasa</i> , <i>Bhagandara</i> (fistula), <i>Aruchi</i> (anorexia), <i>Grahani roga</i> and heart disease.	Mix 2 Tola (23 mg) with equal amount of water and drink in the morning and evening.
48.	<b>Vasanta Kusumakara Rasa</b>	Best <i>Rasayana</i> , enhances memory power and strengthens the heart and brain, beneficial in diseases like <i>Madhumeha</i> , <i>Rajyakshma</i> , <i>Swapnadosha</i> (nocturnal emission), <i>Vataroga</i> , heart palpitations, feeling faint after walking, dizziness etc.	3 Ratti (375 mg), mix 1 tablet in honey and lick it in the morning and evening and then drink heated cow's milk. In diabetes, take it with fresh turmeric and fresh <i>Amlaki</i> juice.
49.	<b>Vasantamalti Rasa</b> (S.B.M. 4 Gu.)	<i>Dhatugata Jirna-jwara</i> , <i>Rajyakshma</i> , <i>Durbalya</i> (weakness after diseases), <i>Swetapradara</i> (leucorrhoea), <i>Panduroga</i> , <i>Grahani</i> , <i>Agnimandhya</i> etc.	1-2 Ratti (125-250 mg), give twice a day (a.m. – p.m.), along with <i>Pippali</i> powder (250 gm) and honey and give cow's milk on it or given <i>Sitopaladi</i> powder (1 gm) and honey.
50.	<b>Vatakulantaka Rasa</b>	Use it in diseases like epilepsy, unconsciousness, hysteria, convulsions etc.	2 Ratti (250 gm), given 1 tablet 3-4 times a day, with the decoctions of <i>Brahmi</i> , <i>Sarpagandha</i> , <i>Shankhahuli</i> , <i>Lavanga</i> or <i>Jatamansi</i> .
51.	<b>Vatachintamani Rasa</b>	An excellent for strengthen the heart and brain. <i>Vata-Kaphahara</i> , <i>Vajikarana</i> (aphrodisiac), Useful it in all types of gout diseases. <i>Akshepaka- Aptantraka</i> (hysteria), <i>Sannipataja jwara</i> with symptoms like delirium, weakness of pulse, trembling of hands and legs, body becoming cold due to excessive sweating, etc.	1 Ratti (125 mg), taken 1 tablet 3-4 times a day, with honey.
52.	<b>Shira-Shuladivajra Rasa</b>	In case of all types of headaches, use it alone or by mixing with 1 gm of <i>Godanti Bhasma</i> .	4 Ratti (500 mg), given 2 tablets in the morning and evening with the goat's milk, cow's milk or <i>Pathyadi Kwath</i> .
53.	<b>Saptamrita Lauha</b>	Cure all types of eye diseases caused due to lack of nutrition of eyes and body and improves the vision. If this yoga is used internally along with external treatment, the disease gets cured quickly.	Mix this powder 1.5 <i>Masha</i> (1.5 gm), with the honey 3 <i>Masha</i> (3 grams) and cow's <i>Ghrita</i> 6 <i>Masha</i> (6 grams), Take it before sleeping at night and drink cow's milk on top of that.

54.	<b>Sarvatobhadra Rasa</b> (R.Sa.San. Jwaradhikara)	<i>Vidagdhajirna, Thirst, Amdosh</i> (indigestion), <i>Visuchika, Aruchi, Mutrakrichha</i> (urinary incontinence), <i>Murchha, Grahani, Vamana</i> (vomiting), <i>Amlapitta, Shita-pitta, and Raktapitta</i> . Its use in digestive disorders of those with <i>Pitta Prakrati</i> has good benefits.	3 Ratti (375 mg), given 1-2 tablets along with cold water, raw coconut water, sweet pomegranate juice or sandalwood extract.
55.	<b>Somayoga</b>	Helps in calming <i>Tamaka swasa</i> (asthma) quickly.	5-8 Ratti (625 mg-1 gram), 4-5 times a day with honey.
56.	<b>Swarna Parpati</b>	Improves digestive fire and strengthens the body. It is especially beneficial in <i>Grahani roga</i> , all types of <i>Kshaya</i> and <i>Panduroga</i> .	1-3 Ratti (125-375 mg) twice a day (a.m. -p.m.) with honey, taken milk over it. In <i>Rajyakshma</i> , giving 1-4 Ratti (125-500 mg) of <i>Muktapishti</i> mixed with it is especially beneficial.
57.	<b>Hemagarbha Potali</b>	<i>Sannipata-jwara</i> or any other condition, excessive sweating occurs in the body, the body starts feeling cold and pulse becomes weak, then use it.	Rubbing it in ginger or betel leaves juice and licking.

## (Formulations somehow changed from original text)

S.No.	Formulations	Indications	Dose and Adjuvant
1.	<b>Arogyavardhini Gutika</b> (R.R.S)	Good for digestion, purifying <i>Srotas</i> , strengthening the heart, reducing fat and purifying the body. Especially beneficial in inflammation of liver, spleen, colon, kidney, uterus, intestine, heart etc., <i>Jalodara</i> (ascites), <i>Jirna Jwara</i> (chronic fever) and <i>Panduroga</i> .	3-6 Ratti (375-750 mg), 1-2 tablets with water, milk, <i>Punarnavadi Kwath, Punarnava Kwath, Dashmool Kwath, Mutrala kshaya</i> or according to the disease.
2.	<b>Kasturibhairava Ras</b> (B.R)	<i>Vata-jwara, Kapha-jwara</i> and <i>Vata-kapha</i> dominant <i>Sannipataja Jwara</i> . When the body starts getting cold due to excessive sweating, hands and feet become cold and pulse becomes weak, delirium occurs even when the temperature comes down, then it is especially beneficial.	1 Ratti (125 mg), give 1 tablet mixed with betel juice, honey or milk. (If this yoga prepared by adding pure <i>Kuchala</i> and amber one part each in place of pure <i>Vatsanabha</i> , beneficial in the weakness of pulse and heart, <i>Vata roga</i> and has <i>Vajikara</i> properties.)
3.	<b>Putapakwa-Vishama-jwarantaka Lauha</b> (B.R.)	1-2 Ratti (125-250 mg), with suitable adjuvant. <ul style="list-style-type: none"> <li>In chronic fever, enlargement of liver and spleen with fever, <i>Rajyakshma, Panduroga</i> and <i>Prameha</i> along with the <i>Swaras</i> or <i>Kwatha</i> of <i>Guduchi</i>.</li> <li>In <i>Kasa</i> and <i>Swasa</i> along with <i>Vasa swaras</i>.</li> <li>In the case of <i>Amadosha</i> and <i>Grahani</i>, with roasted cumin powder (1gm) and honey (3gm).</li> </ul>	
4.	<b>Punarnava Mandura</b> (Ch. Chi. 16)	4 Ratti (500 mg), give 1-2 tablets with suitable adjuvant. <ul style="list-style-type: none"> <li>Give it with buttermilk in case of <i>Pandu, Grahani</i> and <i>Arsha</i> (piles).</li> <li>In the case of enlargement of spleen and liver, give with <i>Punarnavadi kwatha</i>.</li> <li>In the <i>Krimi</i> (worm disorders) given with <i>Mustadi Kwatha</i>.</li> </ul>	
5.	<b>Bhagottara Ras</b>	Good for all types of <i>Kasa</i> (cough). If there is breathlessness along with	2-4 Ratti (250-500 mg), with honey, then give <i>Gojihvadi</i>

	(B.R.)	cough, then use it by mixing 5-8 Ratti (625 mg-1 gram) of Soma powder with it.	kwatha, Draksha-arishtha or Sharbat joofa over it.
6.	<b>Mukta-Panchamrita Rasa</b> (Y.R. jwaradhikara)	Useful in Jirna-jwara (chronic fever) and Rajyakshma along with cough. Use it with 1/16 ratti (8mg) of Swarna Bhasma, it become more beneficial.	2-4 Ratti (250-500 mg), with Pippali powder and fresh milk of 3-4 month old cow (a.m.-p.m.).
7.	<b>Yograja Guggulu</b> (Sha.M.K. 7)	3 Ratti (375), given 1-2 tablets of Mahayogaraj Guggulu and 2-5 tablets of Laghuyogaraj Guggulu. <ul style="list-style-type: none"> <li>• Tridosha hara and Rasayana,</li> <li>• Use it with Rasnadi Kwatha in Vataroga,</li> <li>• With Maha-manjisthadi kwatha in Medoroga (obesity) and Kustha (leprosy),</li> <li>• In all types of ulcers with the Kwatha of neem bark/root or Nirgundi leaves.</li> </ul>	
8.	<b>Shulavajrini Vati</b> (B.R.)	Use it in all types of Udara shoola (stomach ache), especially in Parinama shoola.	4 Ratti (500 mg), give 1-2 tablets (a.m.-p.m.), with goat's milk or 1-2 tablets with cold water after meals.
9.	<b>Sutashekhara Rasa</b> (Y.R.)	Amlapitta (acidity), Hrit-daha (heartburn), Bhrama (dizziness), Murchha (fainting), Vamana (vomiting), Shoola (stomach pain) etc.	2 Ratti (250 mg), given 1 tablet every 3-4 hours, with honey (1.5 gm) and cow's ghee (3 gm), sweet pomegranate juice or Lajamanda.

## DISCUSSION

The book discusses major pharmaceutical processes such as *Ras Sindura*, *Makardhwaja*, *Shila Sindura*, *Ras Karpura*, *Pitala Rasayana*, *Swarna Vanga*, and *Swayamagni Lohabhasma*. It also includes formulations of smaller *Ras yogas* that are having less ingredients, easily prepared and important for treatment purposes, such as *Darad Vati*, *Nilkantha Ras*, *Tuttha Drava* and *Malhara*, *Kasis Drava*, *Phenashma Drava*, *Khatika Pradhana Yoga*, and *Godanti Bhasma*. The 6<sup>th</sup> chapter describes *Danta Manjana*, *Pisti*, and *Lepa*, which are easy to prepare and offer significant benefits. Chemical changes and compound formation are discussed in every chapter, with providing chemical reaction formulas. The last chapter focuses on *Ras yogas*, which are clinically important and practical formulations. The book includes 8 indices covering important points such as guidelines of *Bhasma* preparation and *Putra*, *Shilajit*, *Makshika* and *Vimala*, *Rasanjana*, *Ashuddha* and *Asamyaka Marita Bhasma Dosa*, *Satwapatana*, *Shodhana* of *Vish Dravya*, and major *Dravyas* according to *Charaka* and *Sushruta* respectively from one to eight.

The author provides practical guidance for preparing and using these medicinal substances effectively and safely. While making *Kajjali* [4], adding some droplets of water to it and triturate, it makes the mixture perfect. If mercury particles unmixed in *Kajjali* may result in silver-like stains on gold when rubbed with lemon juice. Prior to using *Makardhwaja* for

treatment, he advises triturating bottom gold and *Makardhwaja* together for three days [5], enhancing their efficacy. When a *Sankhiya* (arsenic trioxide) is using for treatment, prepare its tablets or liquid [6] in fixed quantities to avoid toxicity. Furthermore, if bottom gold and *Malla Sindura* taken together, called as *Malla Chandrodaya*.

The author also discusses the utilization of formulation after the preparation of main drugs, such as triturating bottom gold, *Makardhwaja*, *Lavanga*, *Jatiphala*, and *Kumkum* with betel leaves juice, and incorporating *Karpura* and *Kasturi* to make tablets [5]. Another formula involves grinding *Raskapoor*, *Lavang*, *Chandan*, and *Satyanashi* root in betel leaf juice for three days [7], then forming tablets, highlighting the creativity and practicality in maximizing the utility of raw materials in traditional pharmaceutical practices.

This valuable insights provides a clear and structured overview of the various tips, experiences, and formulation suggestions shared by the author, facilitating easier understanding and reference for practitioners and researchers in traditional pharmaceutical practices.

## CONCLUSION

In the book, a total of ninety-seven *Ras Yogas* are detailed, out of which thirty-six formulations are referenced from other texts of *Ras Shastra*. Additionally, seven Unani drugs are briefly described



within the text. Notably, the book also includes new formulations that haven't been previously described, thus contributing to the expanding knowledge base of *Ras Shastra*. These newly introduced formulations serve to enrich the understanding and practice of *Ras Shastra* for readers. In conclusion, the systematic review of this text reveals its significance in presenting both traditional formulations and novel contributions, thereby advancing the field of *Ras Shastra*.

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