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Critical review on *Laxmivilas Rasa* w.s.r to *Rasa Yog Sagar*

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ABSTRACT

Rasashastra is the branch of *Ayurveda* which mainly deals with herbo mineral formulation. Almost 70% of *Ayurvedic* formulation includes combination of one or more metal or minerals in *Shudha* (purified) form or *Bhasma* (ash) form along with herbal drug which helps in improving the potency and efficacy of the formulation. *Laxmivilas Rasa* is one of the herbo mineral combination used in various disease like *Kasa* (cough), *Jwar* (fever), *Kustha* (skin disorder), *Rajyakshma* (T.b), *Prameha* (diabetes), *Atisaar* (dysentery), *Arsha* (piles) etc. so, here 12 *Patha Bheda* (combination) of *Laxmivilas Rasa* described in *Rasa Yog Sagar* is discussed which includes content, *Bhavana Dravya* (trituration substance), *Anupan* (vehicle), *Pathya Apathya* (do's and don'ts), *Matra* (dosage), *Roga Adhikar* (disease).

Key words: *Laxmivilas Rasa*, *Rasa Yog Sagar*, *Anupan*, *Matra*, *Bhavana Dravya*.

INTRODUCTION

Ayurveda is ancient science of medicine which mainly deals with herbal, mineral and animal source *Dravya* for the treatment of disease. Here we are discussing on *Laxmivilas Rasa* which is a herbo mineral formulation. Combination of herbal and mineral drugs has increased the shelf life and efficacy of the formulation, *Laxmivilas Rasa* has a wide range of indication in various *Roga* (Disease). This formulation mainly acts on *Kapha Vataj Roga* as compared to *Pittaj Roga* as this formulation has many *Ushna Virya* (hot potency) *Dravya*. Different *Patha Bheda* has

difference in the ingredients and *Rogadhikar* which has been compiled below in the table.

MATERIAL AND METHODS

For the present work, literature related to *Laxmivilas Rasa* has been compiled from *Rasa Yog Sagar Grantha*^[1] (*Ayurvedic* text) and studied, research work or articles regarding concerned topics are also screened.

Table 1: Represent 1st to 4th *Patha Bheda* mentioned in *Rasa Yog Sagar*^[1]

<i>Patha Bheda</i> (Acc to <i>Rasa Yog Sagar</i>)	1 st <i>R.Sa.Kasa Rogadhikar</i> (cough)	2 nd <i>R.Ka</i>	3 rd <i>R.Chi</i>	4 th <i>B.R. Jwar Rogadhikar</i> (fever)
<i>Dravya</i> (<i>Shuddha</i>) content	<i>Parad</i> (Mercury), <i>Hartal</i> (Orpiment), <i>Karpar</i> (Zinc), <i>Vanga</i> (Tin), <i>Tamra</i> (Copper), <i>Abhrak</i>	<i>Parad</i> , <i>Gandhak</i> , <i>Tamra</i> <i>Bhasma</i> , <i>Pippali</i> (Long Pepper), <i>Kusta</i> (Costus)	<i>Vajra</i> <i>Abrak</i> <i>Bhasma</i> , <i>Gandhak</i> , <i>Vanga</i> , <i>Parad</i> , <i>Hartala</i> , <i>Tamra</i> , <i>Karpur</i> ,	<i>Vajra</i> <i>Abhrak</i> <i>Bhasma</i> , <i>Parad</i> , <i>Gandhak</i> , <i>Rajat</i> <i>Bhasma</i> , <i>Javitri</i> , <i>Jaiphal</i> ,

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	(Mica), <i>Kantaloha</i> (Iron), <i>Kansya</i> (Bronze), <i>Gandak</i> (Sulphur), <i>Ela</i> (Cardamom), <i>Jaiphal</i> (Nutmeg), <i>Tej</i> <i>Patra</i> (Cinnamomum), <i>Lavang</i> (Cloves), <i>Yavani</i> (Carom Seeds), <i>Jeerak</i> (Cumin), <i>Trikatu</i> , <i>Triphala</i> , <i>Tagar</i> (Indian Valerian), <i>Bhrungaraj</i> (False Daisy), <i>Vansalochan</i> (Bamboo)	Root).	<i>Javitri</i> , <i>Jaiphal</i> , <i>Vrudhadhar</i> , <i>Dhatur</i> and <i>Bhanga</i> <i>Beej</i> (Cannabis), <i>Suvarna</i> <i>Bhasma</i> .	<i>Vrudhadhar</i> , <i>Dhatur</i> and <i>Bhanga</i> <i>Beej</i> (Cannabis), <i>Vidharikhanda</i> , <i>Shatavari</i> , <i>Nagabala</i> , <i>Atibala</i> , <i>Gokshur</i> , <i>Vetak</i> <i>Bheej</i> .
<i>Bhavana</i>	<i>Bhrungaraj</i> , <i>Kulattha</i> (Horse Gram)	<i>Bhrungaraj</i> , <i>Matulunga</i> (Citron)	<i>Nagavali</i> <i>Swaras</i>	<i>Nagavali</i> <i>Swaras</i>
<i>Anupana</i>	<i>Shita Ambu</i>	<i>Jirna</i> <i>Jwar-Adrak</i> <i>Rasa</i> and <i>Sita</i> <i>Niraam</i> <i>Jwar-</i> <i>Pipali</i> <i>Madhu</i> <i>Darun</i> <i>Kustha -</i> <i>Madhu N</i> <i>Ghrut</i>	<i>Roganusar</i> <i>Anupana</i>	<i>Roga</i> <i>Anusar</i> <i>Anupana</i>
<i>Pathya</i> / <i>Apathya</i>	<i>Pathya:</i> <i>Matsya</i> (Fish), <i>Mansa</i> (Meat), <i>Ksheer</i> (Milk), <i>Snigdha</i>	<i>Pathya:</i> <i>Madhu</i> , <i>Ghrut</i>	<i>Pathya:</i> <i>Mamsa</i> , <i>Pista</i> , <i>Paya</i> , <i>Dadhi</i> , <i>Vari</i>	<i>Pathya:</i> <i>Mamsa</i> , <i>Pista</i> , <i>Paya</i> , <i>Dadhi</i> , <i>Vari</i> <i>Bhaktam</i> , <i>Sura</i> , <i>Sidhu</i> .

	<i>Bhojan</i> (Unctous Food) <i>Apathya:</i> <i>Shaka</i> , <i>Brusta</i> <i>Dravya</i> , <i>Amla</i> <i>Dravya</i>		<i>Bhaktam</i> , <i>Sura</i> , <i>Sidhu</i> .	
<i>Matra</i>	1 Ratti (125mg)	6 Ratti (750mg)	2 Ratti (250mg)	

Table 2: Represent 5th to 8th *Patha Bheda* mentioned in *Rasa Yog Sagar*^[1]

<i>Patha Bheda</i>	5 th <i>Yo.Ra</i> (<i>Rajyakshma</i>)	6 th <i>R.R.Shiro</i> <i>Roga</i>	7 th <i>R.Ch.</i> <i>Vajikaran</i>	8 th <i>Vai. Chi.</i> <i>R.M.Ma</i> <i>Rasayan</i>
<i>Dravya</i> (<i>Shuddha</i>) Content	<i>Kanta Loha</i> , <i>Abhrak</i> <i>Satva</i> , <i>Tamra</i> , <i>Suvarna</i> , <i>Vanga</i> , <i>Rajat</i> , <i>Naga</i> , <i>Praval</i> , <i>Mukta</i> , <i>Parad</i> <i>Bhasma</i>	<i>Loha</i> , <i>Anhrak</i> <i>Bhasma</i> , <i>Vatsanabh</i> , <i>Musta</i> , <i>Triphal</i> , <i>Trikatu</i> , <i>Dhatur</i> , <i>Vrudha</i> <i>Dhar</i> , <i>Bhanga</i> <i>Beej</i> , <i>Gokshur</i> , <i>Pipalimool</i> .	<i>Suvarna</i> , <i>Mukta</i> , <i>Abhrak</i> , <i>Parad</i> , <i>Loha</i> , <i>Praval</i> , <i>Kasturi</i> , <i>Kesar</i> , <i>Javitri</i> , <i>Lavang</i> , <i>Ela</i> ,	<i>Suvarna</i> <i>Bhasma</i> , <i>Rajat</i> <i>Bhasma</i> , <i>Tamra</i> <i>Bhasma</i> , <i>Kanta</i> <i>Loha</i> , <i>Mandur</i> <i>Bhasma</i> , <i>Abhrak</i> <i>Bhasma</i> , <i>Vanga</i> <i>Bhasma</i> , <i>Naga</i> <i>Bhasma</i> , <i>Praval</i> , <i>Mukta</i> <i>Bhasma</i> , <i>Parad</i> <i>Bhasma</i> .
<i>Bhavana</i>	<i>Madhu</i> , <i>Chitrak</i> <i>Mool</i> , <i>Shatavari</i> , <i>Bhumi Sita</i> , <i>Vidhari</i> , <i>Gokshur</i> , <i>Ikshu</i> , <i>Bala</i> , <i>Nagabala</i> , <i>Atibala</i> , <i>Shakmali</i> , <i>Karkati</i> , <i>Pata</i> , <i>Amrut</i> , <i>Yasti</i> , <i>Sunti</i> , <i>Draksha</i> ,	<i>Dhatur</i> <i>Swarasa</i>	<i>Nagavali</i> <i>Swarasa</i>	<i>Javitri</i> , <i>Trikatu</i> , <i>Triphala</i> , <i>Chaturjaat</i> , <i>Kesar</i> , <i>Kasturi</i> .

	Udumbar, Sariva Dvayam			
Anupan	Roganusar Anupan		Madhu, Sita	Sita, Ghee, Madhu
Pathya/Apathya				
Matra	3 Ratti (375mg)	2 Gunja (250mg)		1-3 Ratti
Rogadhik ar	8 Maharog, Prameha, Kshay, Pandu, Kamala, Naste Indriya, Chira Atisaar, Mutra Krich, Gar, Shosha, Vali Palitha, Krushatha.	Sarva Sannipat aj Roga	Vruddha Napunsak ta, Madhu Meham, Bahu Mutra	Rajaroga, Pandu, Chardi Roga, Shwas, Kasa, Kamala, Dhirkakalini Vataroga, 5 Types of Gulma, All Types of Shula, Unmada, Mathi Bransha, 8 Types of Udar, Maharoga, 20 Types of Prameha, Shandata, Aruchi, Mandagni, Grahani, Vali, Palit, Kampvaat.

Table 3: Consist of 9th to 12th Patha Bheda mentioned in Rasa Yog Sagar ^[1]

Patha Bheda	9 th Rasayan Sangrah a Prameha Adhikar	10 th R.P Rasayan	11 th R.R.S Rasayan	12 th R.Pa.Pram eha Adhikar
Dravya (Shuddha) Content	Parad, Suvaran, Hirak, Praval,	Parad, Loha, Abhrak, Gandhak,	Abhrak Bhasma, Parad, Gandhak	Vanga, Naga, Parad, Abhrak,

	Mukta, Abhrak, Naga, Vanga, Kanta Loha, Tamra.	Rajat, Suvarna	, Marich, Kuchala, Tankan,	Suvarna, Rajat, Vaikrant, Kantaloha
Bhavana	Dhatur, Snuhi, Kasamar da, Ikshu.	Adulsa, Triphala, Shatavari, Vidhari, Kumari, Sita, Yasti, Mocharas a	Bhrungar aj, Adhrak, Gunja, Yavani, Punarnav a	Kumari Rasa, Triphala Kwath.
Anupan	Triphala, Madhu	Triphala and Madhu or Pipali and Madhu	Roga Anusar Anupan	Roga Anusaar Anupan
Pathya/Apat hya				Apathya Vihar: Bathing, Abhyanga, Prameha Hetu
Matra	1 Ratti	4 Ratti	3 Ratti	2 Ratti
Rogadhikar	Prameha, Kasa, Vrana, Pandu, Hikka, Mahashu la, Mandagn i, Kapha Vataj Rog, Apsamaa r, Kustha, Halimak, Jwar.	5 Types of Kasa, Pandu, Hikka, Rajyaksh ma, Vayu, Halimak, Apasmar.	Kshay	2 Types of Prameha, Rajyaksh ma, Pandu, Somarog, Ashmari, Mutraghat, Mutra Krucha.

In 1st Patha Bheda - All ingredients are mixed together and *Mardana* (grinding) is done and with *Shita Ambu* (cool water) the medicine is taken.

In 2nd Patha Bheda - In this *Parad* (mercury) and *Gandhak* (Sulphur) in equal quantity is mixed and then

placed in glass bottle into *Valuka Yantra* after *Swangshita*, (cool down) add *Tamra* (copper) *Bhasma*, *Pippali* (long pepper) and *Kustha* (Indian costus root) and do *Mardana* with *Matulunga Swarasa* (citron juice) then make *Vati* (tablet) of 6 *Ratti* take along with *Adraka Swaras* (ginger) and *Sita*.

In 3rd *Patha Bheda* - All the ingredients are mixed together and *Mardana* is done and *Vati* of 2 *Ratti* is prepared.

In 4th *Patha Bheda* - All the ingredients are mixed together are *Mardana* is done with *Nagavali* (betel leaf) *Swarasa* and *Vati* (tablet) of 3 *Ratti* is prepared.

In 5th *Patha Bheda* - All the ingredients are mixed and *Mardana* done with *Madhu* (honey) for 3 days and placed in *Vajra Musha* and placed in *Kukut Puta* and *Bhavana* of the other *Dravya* are given and a *Vati* of 3 *Ratti* is prepared.

In 6th *Patha Bheda* - All the ingredients are mixed and *Bhavana* of *Dhattur* (thorn apple) *Swarasa* is given and *Vati* is prepared of 2 *Ratti*.

In 7th *Patha Bheda* - All the ingredients are mixed and *Bhavana* of *Nagavalli Swarasa* and *Vati* of 3 *Ratti* is prepared.

In 8th *Patha Bheda* - All the ingredients are mixed and *Mardana* done for 7 days and *Vati* of 1 *Ratti* is prepared.

In 9th *Patha Bheda* - All the ingredients are mixed and *Mardana* done for 1 day and placed in *Eranda Patra* (castor leaf) which is stored in rice bag for 3 days and *Vati* (tablet) made of 1 *Ratti* on 4th day after doing *Mardana*.

In 10th *Patha Bheda* - All the ingredients are mixed and *Mardana* done for 1 day placed in *Eranda Patra* which is then stored in rice for 3 days and then on 4th day *Vati* is made of 4 *Ratti*.

11th *Patha Bheda* - All the ingredients are mixed together and placed in *Arka Patra* (*Madar*) and *Swedana* done and then removed and *Bhavana* given *Vati* is made of 3 *Ratti* and used.

12th *Patha Bheda* - All the ingredients are mixed and *Mardana* by using *Bhavana Dravya* and *Vati* of 1 or 2 *Ratti* is prepared.

OBSERVATION

In total 12 *Patha Bheda* of *Laxmivilas Rasa* is mentioned in *Rasa Yog Sagar* from various text *Bhaisajya Ratnavali*, *Rasachadanshu*, *Rasachintamani*, *Yog Ratnakar*, *Rasendra Sara Sangraha*, *Rasa Kamdhenu*, *Rasa Ratnakar*, *Rasayan Sangraha*, *Rasa Parad*. Different *Grantha* has difference ingredients thus there are difference in their therapeutic efficacy so depending upon condition of the patient and disease best suitable *Laxmivilas Rasa* combination should be selected. There are various pharmaceutical company which are preparing *Laxmivilas Rasa* and they prepare according to *Bhaisajya Ratnavali* reference.

Table 4: Consist of properties and action of the common ingredients listed below.

Name of Dravya	Pharmacological properties	Doshagnata	Karma	Indication	Ref.
<i>Krushna Abhrik</i> [2][3] <i>Bhasma</i> (Mica)	Madhur Snigdha Shita Virya	<i>Tridosha</i>	<i>Vrushya</i> <i>Ayushya</i> , <i>Balya</i> , <i>Ruchikar</i> , <i>Deepan</i> , <i>Dattu</i> <i>Vrudhikar</i>	<i>Kshay</i> , <i>Pandu</i> , <i>Shula</i> , <i>Kustha</i> , <i>Jwar</i> , <i>Shwasa</i> , <i>Prameha</i> , <i>Aruchi</i> , <i>Kasa</i> , <i>Udar</i> <i>Roga</i> .	R.R.S2/ 2,2/50 R.T.10/ 72
<i>Shuddha Gandhak</i> [2][3] (Sulphur)	<i>Katu</i> , <i>Kashaya</i> , <i>Tikta</i> <i>Ushna</i> <i>Virya</i> , <i>Madhur</i> <i>Vipak</i>	<i>Kapha</i> <i>Vata</i>	<i>Rasayan</i> , <i>Deepan</i> , <i>Pachan</i>	<i>Krimi</i> , <i>Kandu</i> , <i>Kustha</i> , <i>Visarpa</i> , <i>Dadru</i> <i>Kshaya</i> , <i>Pleeha</i> , <i>Vish</i> <i>Hara</i>	RRS3/1 7 R.T.8/3 6-38
<i>Shuddha Parad</i> [2] (Merc)	<i>Sadrasa</i> , <i>Snigdha</i>	<i>Tridosha</i>	<i>Rasayan</i> , <i>Yogavahi</i>	<i>Sarva</i> <i>Rogahara</i>	R.R.S 1/73

ury)					
Jaiph al ^[4] (Nut meg)	Tikta, Katu, Tikshna, Ushna, Laghu	Kapha Vata Hara	Ruchya, Deepan, Grahi, Swarya	Mukha Vaiswar yam, Krumi, Kasa, Swasa, Sosha, Pinasa, Hrudroga	BPN Karpur adhi Varga /54 P- 216
Chan dra (Cam phor) ^[4]	Madhur, Tikta, Laghu, Shita	Kapha Pitta	Vrushya, Chakshush aya, Lekhana, Visha Har	Daha, Trushna , Asyavai rasya, Meda Daurga ndhya Nashak	BPN Karpur adhi Varga /3 P- 173
Javitri (Mace) ^[4]	Katu, Madhur Ushna Virya Laghu	Kapha Hara	Ruchya, Varnya	Kasa, Shwas, Vaman, Trushna , Krimi, Vishvika r	BPN Karpur adhi Varga /56 P- 218
Vridh hadar u (Eleph ant Creep er) ^[5]	Kashaya, Katu, Tikta, Ushna Virya	Kapha Hara	Rasayan Vrushya, Balya, Medhya, Swarya, Kantikar	Amavat a, Shotha, Arsha, Prameh a	BPN, Guduc hyadi Varga/ 2 P- 408
Goksh ur ^[5] (Punc ture Vine)	Madhur Rasa, Shita Virya	Vata Hara	Deepan, Vrushya, Pustikarak	Ashmari , Prameh a, Shwas, Kasa, Arsha, Mutrakr uccha, Hrudroga	BPN Guduc hyadhi Varga/ 44-46 P-262
Dhatu	Kashaya,	Kapha	Madh,	Jwar,	BPN

ra Beej ^[5] (Meta l Seed)	Madhur, Tikta Ushna Virya Guru	Hara	Vamak, Jatragni Vardak	Kustha, Kandu, Krimi, Vishavik ar	Guduc hyadhi Varga /85-87 P- 317
Vidha ri Mula [[] ^{5]} (Indi an Kudzu)	Madhur Shita Virya Snigdha, Bruhan, Guru	Pitta Vata	Shukral, Swarya, Stanya, Mutral	Karshya	BPN Guduc hyadi Varga/ 180- 182 P-387
Shata varj ^[5] (Aspa ragus)	Guru, Shita, Tikta, Ma dhur	Vata- Pitta Rakta	Medhya, Agni Vardhak, Pusti Dhayak, Snigdha, N etrya, Balya, Shukral and Stanya Kari, Hrudya, Vrushya, Rasayani	Gulma, Atisaar, Shotha, Arsha, Grahani , Kshay	BPN Guduc hyadhi Varga/ 184- 188 P- 392
Atibal a ^[5] (C ountr y Mallo w)	Madhur Rasa, Shita Virya	Vata,	Rasayan, Balya, Kranti Kruta, Mutrajnan , Mrudu Rechana, Vajikaran	Prameh a, Mutra Kruchha , Jwar, Rakta Pradar, Arsha	BPN Guduc hyadi Varga/ 144- 146 P- 367,37 0
Naga bala ^[5] (Snak e Mallo w)	Madhur Rasa, Shita Virya	Vata	Mutrajnan , Rasayan	Garbini Atisaar, Mutrakr uccha, V rana Balya, Jwaragn a, Visham Jwar	BPN Guduc hyadhi Varga/ 144- 146 P-36 7-372
Naga vali ^[5]	Tikta, Katu,	Rakta Pitta	Ruchya, Sara,	Mukha Dourga	BPN Guduc

(Betel Leaf)	Ushna, Laghu, Kshar	Kara, Kapha Vata Hara	Balya	ndhya Hara, Shrama Hara	hyadhi Varga/ 11-12 P-271
Bhanga Beej ^[6] (Indian Hemp)	Tikta Ushna Virya Laghu, Tiktsna	Kapha	Grahi, Pachaka, Vedhna Hara	Suryavata, Apatant, Nidranash, Sagrahani, Atisaar, Visuchika, Kasa Aam Vata	BPN Harita kyadhi Varg/233 P-141
Kuchal ^[7] (Nux Vomica)	Tikta Rasa, Shita Virya, Laghu	Vata Vardhak, Kapha Pitta Rakta Nashak	Madha Karak, Vyatha Hara, Grahi	Vata Roga, Shya, Mutra, Krumi Vrana	BPN Amradhiphala Varga/ 66-68 P-567

DISCUSSION

Laxmivilas Rasa can be considered as one of the most important herbo-mineral combination by seeing its ingredients and different *Roga Adhikaar* it can be clearly stated that it has a wide range of action as many of the drugs are *Ushna Virya* so its main action on *Kapha Vataj* disease compare to *Pitta* vitiated disease the main *Rogadhikar* of *Laxmivilas Rasa* is *Dushta Pratishay* (allergic rhinitis), *Jwar* (fever), *Kasa* (cough), *Shwasa* (respiratory distress)^[8] *Rajayakshma* (t.b). It also act as *Deepan* (stimulate digestive fire), *Pachan* (digestion) thus used in *Prameha*, *Kustha*, *Stoulyta* and *Amaj Atisaar* and also if we go through the content of the *Kalpa* and its action it mainly works on *Rasavaha*^[9] and *Pranavaha Srotas Vyadhi* (disease) different indications in different classical text give us a brief idea it has been used in various *Roga* depending upon few changes in ingredients. We have reviewed 12 *Patha Bedha* of *Laxmivilas Rasa* but in order to prove the efficacy and safety of this herbo-mineral

combination advance research on Preparation, standardization, clinical trial should be done.

CONCLUSION

From the literature review of *Laxmivilas Rasa* mentioned in *Rasa Yog Sagar* we can get a clear idea of wide range of action of the formulation in *Kapha Vataj Roga* along with this it can be used for determining which combination to be taken for a particular disease and to differentiate the *Rogadhikar* of each combination.

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