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Review on *Chandrakala Rasa* - A *Kharaliya Rasayana*

Fattepur V¹, Kamatar S², Hussain G³

^{1,2}Post Graduate Scholar, Department of Rasashastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India.

³Associate Professor, Department of Rasashastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India.

ABSTRACT

Rasashastra is a branch of *Ayurveda*, which deals with formulations prepared with varied origin of drugs like metals, minerals, marine drugs, silicate drugs, etc. The formulations are grouped into four categories namely *Kharaliya Yogas*, *Parpati Yogas*, *Kupipakwa Yogas* and *Pottali Yogas*. *Chandrakala Rasa* comes under *Kharaliya Rasa* category of *Rasaushadhis*. *Chandrakala Rasa* is one of the *Ayurvedic* formulations mentioned under *Mutrakricchra* (Dysuria), *Raktapitta* (Bleeding disorders), *Daha* (Burning sensations), *Jwara* (Fever), as per different classical textbooks. It is a herbo- mineral formulation indicated in *Pitta Vikara* (disease caused by vitiation of *Pitta dosha*) such as *Raktapitta* (Bleeding disorders), *Raktapradara* (Menorrhagia), *Jwara* (Fever), *Prameha* (Diabetes), *Mutrakricchra* (Dysuria), etc. Various references of it are mentioned in different classical text books.

Key words: *Kharaliya Rasayana*, *Chandrakala Rasa*, *Rasashastra*, *Pitta Vikara*

INTRODUCTION

Rasashastra is a unique branch of *Ayurveda* which evolved in the medieval period of 8th century. It is considered as an alchemical chemistry, dealing about the processing of “*Parada*” (Mercury) along with other metals, minerals, etc. for the purpose of attaining *Lohaveda* and *Dehaveda*. Based on the method of preparation, the formulations are categorized into *Kharaliya*, *Kupipakwa*, *Pottali* and *Parpati Kalpana*. *Kharaliya Yogas* are prepared by triturating the ingredients in mortar and pestle.^[1] *Chandrakala Rasa* comes under *Kharaliya Yoga* containing mainly *Kajjali* (black sulphide of mercury), *Tamra Bhasma*, *Abhraka*

Bhasma along with different *Bhavana Dravya*. It is mentioned in different classical text books like *Rasa Ratna Samuchchaya*, *Bhaishajya Ratnavali*, *Yoga Ratnakara*, *Rasa Chintamani*, *Rasa Chandanshu*, etc. It is indicated in *Vata-Pittaja* disorders like *Jwara*, *Daha*, *Murcha*, *Bhrama*, etc. It is specially mentioned to consume the formulation in *Grishma* and *Sharada Rutu* (Summer and Autumn).^[2]

The ingredients of the formulation vary slightly according to different *Acharya*, with *Kajjali*, *Tamra Bhasma* and *Abraka Bhasma* common in all references. According to *Siddha Yoga Sangraha*, *Mukta Bhasma* is an ingredient along with others.^[3] Unique procedure is followed, i.e., after complete *Bhavana* (Trituration), the product is wrapped and kept in paddy husk for seven days according to *Bhrihat Nighantu Ratnakara*, *Rasa Chintamani*, *Rasa Chandanshu* and for a day according to *Yogaratnakara*. Hence a detailed review on the formulation is conducted in the present article to compile the information on differences and similarities in method of preparation, indications according to different *Acharya*.

MATERIALS AND METHODS

A list of references of *Chandrakala Rasa* is assembled from different classical texts and compilations, of

Address for correspondence:

Dr. Fattepur V

Post Graduate Scholar, Department of Rasashastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India.
E-mail: veereshfattepur143@gmail.com

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Rasashastra with special emphasis placed on the contributions made by each text. Since published data could not be found for the research projects on

Chandrakala Rasa, it was necessary to interpret the traditional information.

Table 1: Ingredients of Chandrakala Rasa from different references

SN	References	Ingredients	Anupana (Adjuvant)	Dose
1.	Ayurveda Formulary of India ^[4] Yoga Ratnakara ^[5] Bhaishjaya Ratnavali ^[6]	<i>Shuddha Parada</i> (Hydrargyrum), <i>Tamra Bhasma</i> (Calyx of copper), <i>Abharak Bhasma</i> (Calyx of Mica) - 12, Purified <i>Gandhak</i> (Sulphur) - 24 g <i>Bhavana Dravya</i> (Media for trituration) - <i>Musta</i> (Cyperus rotundus linn), <i>Dadima</i> (Punica granatum), <i>Ketakimula</i> (Costus speciosus), <i>Sahadevi</i> (Vernonia cineria), <i>Kumari</i> (Aloe vera chinensis), <i>Durva</i> (Cynodont dactylon pers), <i>Parpata</i> (Fumaria indica), <i>Ramsitalika</i> (Bombax malabaricum), <i>Satavari</i> (Asparagus racemosus), <i>Stanaja Drava</i> (cow's milk) – 1 <i>Bhavana</i> each <i>Churna- Parpata</i> (Fumaria indica), <i>Usira</i> (Vetiveria zizanioides), <i>Madhavi</i> (Hiptage benghalensis), <i>Candana</i> (Santalum album), <i>Sariva</i> (Hemidesmus indicus), <i>Katuki</i> (Picrorhiza kurroa), <i>Guduchi Satva</i> (Tinospora cordifolia) – 12g each <i>Bhavana Dravya – Draksha</i> (Vitis vinifera) – 7 days	-	1 to 3 <i>Ratti</i> (125mg to 750mg)
2.	<i>Rasa Yoga Sagara</i> ^[7]	<i>Shuddha Parada</i> (Hydrargyrum), <i>Tamra Bhasma</i> (Calyx of copper), <i>Abharak Bhasma</i> (Calyx of Mica) -12g, Purified <i>Gandhak</i> (Sulphur) -24g <i>Bhavana Dravya</i> (Media for trituration) – <i>Musta</i> (Cyperus rotundus linn), <i>Dadima</i> (Punica granatum), <i>Ketakimula</i> (Costus speciosus), <i>Sahadevi</i> (Vernonia cineria), <i>Kumari</i> (Aloe vera chinensis) – 1day <i>Bhavana</i> each <i>Churna – Parpata</i> (Fumaria indica), <i>Usira</i> (Vetiveria zizanioides), <i>Magadi</i> (Piper longum), <i>Candana</i> (Santalum album), <i>Sariva</i> (Hemidesmus indicus) 12g each <i>Bhavana Dravya – Draksha</i> (Vitis vinifera) <i>Phala Kashya</i> – 7days	-	1 to 3 <i>Ratti</i> (125mg to 375mg)
3.	<i>Bruhat Nighantu Ratnakar</i> ^[8]	<i>Shuddha Parada</i> (Hydrargyrum), <i>Tamra Bhasma</i> (Calyx of copper), <i>Abharak Bhasma</i> (Calyx of Mica) -12g Purified <i>Gandhak</i> (Sulphur)- 24g <i>Bhavana Dravya</i> (Media for trituration) – <i>Musta</i> (Cyperus rotundus linn), <i>Dadima</i> (Punica granatum), <i>Ketakimula</i> (Costus speciosus), <i>Sahadevi</i> (Vernonia cineria), <i>Kumari</i> (Aloe vera chinensis) <i>Durva</i> (Cynodont dactylon pers), <i>Parpata</i> (Fumaria indica), <i>Ramsitalika</i> (Bombax malabaricum), <i>Satavari</i> (Asparagus racemosus)– 2days <i>Bhavana</i> each. <i>Churna – Parpata</i> (Fumaria indica), <i>Usira</i> (Vetiveria zizanioides), <i>Madhavi</i> (Hiptage benghalensis), <i>Candana</i> (Santalum album), <i>Sariva</i> (Hemidesmus indicus), <i>Tikta</i> (Picrorhiza kurroa), <i>Guduchistava</i> (Tinospora cordifolia)- 12g each <i>Bhavana Dravya – Drakshadi Kashya</i> - 7 days		1 to 2 <i>Ratti</i> (125 to 250mg)

4.	<i>Rasa Ratna Samuchayya</i> ^[9]	<p><i>Shuddha Parada</i> (Hydrargyrum), <i>Tamra Bhasma</i> (Calyx of copper), <i>Abharak Bhasma</i> (Calyx of Mica) -12g purified <i>Gandhak</i> (Sulphur) - 24g</p> <p><i>Bhavana Dravya</i> (Media for trituration) - <i>Musta</i> (<i>Cyperus rotundus</i> Linn), <i>Dadima</i> (<i>Punica granatum</i>), <i>Ketakimula</i> (<i>Costus speciosus</i>) <i>Sahadevi</i> (<i>Vernonia cineria</i>), <i>Kumari</i> (<i>Aloe vera chinensis</i>) – 1 day <i>Bhavana</i> by each <i>Dravya</i>.</p> <p><i>Churna</i> - <i>Parpata</i> (<i>Fumaria indica</i>), <i>Usira</i> (<i>Vetiveria zizanioides</i>), <i>Magadi</i> (<i>Piper longum</i>), <i>Candana</i> (<i>Santalum album</i>), <i>Sariva</i> (<i>Hemidesmus indicus</i>) 12g each.</p> <p><i>Bhavana Dravya</i> - <i>Draksha</i> (<i>Vitis vinifera</i>) <i>Phala Kashya</i> - 7days</p>	<i>Vasa Swarasa</i> (Juice of <i>Adhatoda vasica</i>)	2 <i>Ratti</i> (250 mg)
5.	<i>Siddha Yoga Sangraha</i> ^[10]	<p><i>Shuddha Parada</i> (Hydrargyrum), <i>Tamra Bhasma</i> (calyx of copper), <i>Abharak Bhasma</i> (calyx of Mica) -12g Purified <i>Gandhak</i> (Sulphur) and Purified <i>Mukta</i> (Pearl) - 24g</p> <p><i>Bhavana Dravya</i> (Media for trituration) – <i>Musta</i> (<i>Cyperus rotundus</i> linn), <i>Dadima</i> (<i>Punica granatum</i>), <i>Ketakimula</i> (<i>Costus speciosus</i>), <i>Sahadevi</i> (<i>Vernonia cineria</i>), <i>Durva</i> (<i>Cynodont dactylon pers</i>), <i>Parpata</i> (<i>Fumaria indica</i>), <i>Satavari</i> (<i>Hemidesmus indicus</i>) – 1 days <i>Bhavana</i> each.</p> <p><i>Churna</i> - <i>Parpata</i> (<i>Fumaria indica</i>), <i>Usira</i> (<i>Vetiveria zizanioides</i>), <i>Madhavi</i> (<i>Hiptage benghalensis</i>), <i>Candana</i> (<i>Santalum album</i>), <i>Sariva</i> (<i>Hemidesmus indicus</i>), <i>Tikta</i> (<i>Picrorhiza kurroa</i>), <i>Guduchi satva</i> (<i>Tinospora cordifolia</i>) - 12g each</p> <p><i>Bhavana Dravya</i> - <i>Draksha</i> (<i>Vitis vinifera</i>) <i>Phala Kashya</i> - 7 days.</p>	Cold water, <i>Usirasava</i> , <i>Ashokarista</i>	1 to 2 <i>Ratti</i> (125 to 250mg)
6.	<i>Yoga Ratnakara 2</i> ^[11]	<p><i>Shuddha Parada</i> (Hydrargyrum), Purified <i>Hingula</i> (Cinnabar), <i>Abharak Bhasma</i> (Calyx Mica) - 12g Purified <i>Gandhak</i> (Sulphur) - 24g</p> <p><i>Bhavana Dravya</i> (Media for trituration) - <i>Musta</i> (<i>Cyperus rotundus</i> linn), <i>Dadima</i> (<i>Punica granatum</i>), <i>Ketakimula</i> (<i>Costus speciosus</i>), <i>Sahadevi</i> (<i>Vernonia cineria</i>), <i>Kumari</i> (<i>Aloe vera chinensis</i>), <i>Durva</i> (<i>Cynodont dactylon pers</i>), <i>Parpata</i> (<i>Fumaria indica</i>), <i>Ramsitalika</i> (<i>Bombax malabaricum</i>), <i>Satavari</i> (<i>Asparagus racemosus</i>), <i>Stanaja Drava</i> (Cow's milk) - 1 <i>Bhavana</i> each</p> <p><i>Churna</i> - <i>Parpata</i> (<i>Fumaria indica</i>), <i>Usira</i> (<i>Vetiveria zizanioides</i>), <i>Madhavi</i> (<i>Hiptage benghalensis</i>), <i>Candana</i> (<i>Santalum album</i>), <i>Sariva</i> (<i>Hemidesmus indicus</i>), <i>Tikta</i> (<i>Picrorhiza kurroa</i>), <i>Guduchistava</i> (<i>Tinospora cordifolia</i>) - 12g each</p> <p><i>Bhavana Dravya</i> - <i>Draksha</i> (<i>Vitis vinifera</i>) <i>Phala Kashya</i> - 7 days</p>		1 to 2 <i>Ratti</i> (125 to 250mg)
7.	<i>Rasa Chintamani</i> ^[12]	<p><i>Shuddha Parada</i> (Hydrargyrum), <i>Tamra Bhasma</i> (Calyx of Copper), <i>Abharak Bhasma</i> (Calyx of Mica) - 12g Purified <i>Gandhak</i> (Sulphur) - 24g</p> <p><i>Bhavana Dravya</i> (Media for trituration) – <i>Musta</i> (<i>Cyperus rotundus</i> linn), <i>Dadima</i> (<i>Punica granatum</i>), <i>Ketakimula</i> (<i>Costus speciosus</i>), <i>Sahadevi</i> (<i>Vernonia cineria</i>), <i>Kumari</i> (<i>Aloe vera chinensis</i>), <i>Durva</i> (<i>Cynodont dactylon pers</i>), <i>Parpata</i> (<i>Fumaria</i></p>	Honey Milk with Sugar	2 to 3 <i>Ratti</i> (250 to 750mg)

		<i>indica</i>), <i>Ramsitalika</i> (<i>Bombax malabaricum</i>), <i>Satavari</i> (<i>Asparagus racemosus</i>) - 1 <i>Bhavana</i> each <i>Churna</i> - <i>Parpata</i> (<i>Fumaria indica</i>), <i>Usira</i> (<i>Vetiveria zizanioides</i>), <i>Madhavi</i> (<i>Hiptage benghalensis</i>), <i>Candana</i> (<i>Santalum album</i>), <i>Sariva</i> (<i>Hemidesmus indicus</i>), <i>Tikta</i> (<i>Picrorhiza kurroa</i>), <i>Guduchistava</i> (<i>Tinospora cordifolia</i>) - 12g each <i>Bhavana Dravya</i> - <i>Draksha</i> (<i>Vitis vinifera</i>) <i>Phala Kashaya</i> - 7 days		
8.	<i>Rasa Chandansu</i> ^[13]	<i>Shuddha Parada</i> (<i>Hydrargyrum</i>), <i>Tamra Bhasma</i> (Calyx of Copper), <i>Abharak Bhasma</i> (Calyx of Mica) - 12g Purified <i>Gandhaka</i> (Sulphur) -24g <i>Bhavana Dravya</i> (Media for trituration) - <i>Musta</i> (<i>Cyperus rotundus</i> linn), <i>Dadima</i> (<i>Punica granatum</i>), <i>Ketakimula</i> (<i>Costus speciosus</i>), <i>Sahadevi</i> (<i>Vernonia cineria</i>), <i>Kumari</i> (<i>Aloe vera chinensis</i>), <i>Durva</i> (<i>Cynodont dactylon pers</i>), <i>Parpata</i> (<i>Fumaria indica</i>), <i>Ramsitalika</i> (<i>Bombax malabaricum</i>), <i>Satavari</i> (<i>Asparagus racemosus</i>), - 1 <i>Bhavana</i> each <i>Churna</i> - <i>Parpata</i> (<i>Fumaria indica</i>), <i>Usira</i> (<i>Vetiveria zizanioides</i>), <i>Madhavi</i> (<i>Hiptage benghalensis</i>), <i>Candana</i> (<i>Santalum album</i>), <i>Sariva</i> (<i>Hemidesmus indicus</i>), <i>Tikta</i> (<i>Picrorhiza kurroa</i>), <i>Guduchistava</i> (<i>Tinospora cordifolia</i>) - 12g each <i>Bhavana Dravya</i> - <i>Drakshadi Kashaya</i> - 7 days	Milk, Sugar, Jeeraka (<i>Cuminum cyminum</i> Linn)	1 to 2 <i>Ratti</i> (125 to 250mg)

Indications

The *Chandrakala Rasa* indications is nearly the same as what all of the authors listed above have stated, All *Pittaroga* (Diseases of *Pitta*), *Vata Pittaroga*, *Antardaha* (Internal burning sensation), *Bahyadaha* (External burning sensations), *Mahatapa*, *Jwara* (Fever), *Bhrama* (Giddiness), *Mutrakriccha* (Dysuria), *Raktapradara* (Menorrhagia), *Urdhva-Adhoga Gata Raktapitta* (Bleeding disorders), *Raktavami* (Haemetemesis).

Method of preparation

First purified *Parada* and purified *Gandhaka* are triturated to make *Kajjali*, then, the remaining *Bhasma* are to be added and mixed well. After that, *Bhavana* should be done with mentioned drugs for stipulated period individually. Then the herbal *Dravyas* should be added, mixed well and *Bhavana* with *Draksha* or *Drakshadi Kashaya* is given for seven times and rolled into pills.^[14]

DISCUSSION

Total thirteen references of *Chandrakala Rasa* are compiled. By considering the period of each reference

it could be concluded that *Rasa Ratna Samuchchaya* (13th century) is the earliest, followed by *Yoga Ratnakara* (16th century), *Bhaishajya Ratnavali* (19th century).

In *Yoga Ratnakara*, *Tamra Bhasma* is not included under ingredients but *Shuddha Hingula* is mentioned. In *Siddha Yoga Sangraha*, *Mukta Bhasma* is told as an additional ingredient along with other ingredients. In the market available products too *Chandrakala Rasa* with *Mukta* and without *Mukta* are available.

In *Rasa Chandanshu* and *Brihat Nigantu Ratnakar Drakshadi Kashaya* is mentioned as *Bhavana Dravya* and remaining authors have mentioned *Draksha Phala Kashya* for *Bhavana* purpose.

In *Brihat Nighantu Ratnakar* it is mentioned to give *Bhavana* with each *Drava Dravya* for two days, remaining authors mentioned to give *Bhavana* with each *Drava Dravya* for one day.

In *Rasa Chintamani*, *Rasa Chandanshu* and *Brihat Nighantu Ratnakar* have mentioned to keep the product obtained after *Bhavana* in a heap of paddy for seven days; whereas *Yogaratnakara* has mentioned to

keep it for a day. *Nirantaragni* is a type of *Agni* generated in *Dhanya Rashi*. So, the mention of placing in *Dhanya Rashi* is emphasized to carry out the process of *Agni Samskara* and *Kala Samskara*.

Pharmacological properties of ingredients of Chandrakala Rasa

In *Chandrakala Rasa*, *Dwiguna Bali Jarita Kajjali* is used for preparation of medicine. *Dwiguna Bali Jarita Parada* is said to cure *Maha Roga*^[15] as per *Rasa Tarangini*, *Kushta* as per *Ayurveda Prakasha*. It also has other properties like *Rasayana* (Anti-ageing) *Yogavahi* (as a catalyst), *Sarvaamayahara* (useful in many other diseases), *Vruyshya* (Aphrodisiac) and it pacifies *Tridosha* it increases bio availability of drug which helps to obtain greater efficiency of drug.^[16]

Tamra Bhasma has *Lekhana* and *Pitta Saraka* qualities. It has the power to heal all *Pitta* and *Kapha* illnesses, both acute and chronic. Additionally, it treats every kind of *Kosthagata* and *Sakhagata Roga*.^[17] *Abhraka Bhasma* is used as a rejuvenating agent for brain and neuropsychiatric disorders, an aphrodisiac (*Vrushya*), an anti-aging agent (*Rasyana*), and it protects against all forms of *Maharoga*. When used wisely, it promotes long and healthy life.^[18]

Mukta Bhasma improves the appetite, brings down the burning sensations in body, it is good for aphrodisiac and provides longevity, it nullifies the influence of poisons over the body, it is useful in *Jirna Jwara*^[19] *Shuddha Gandhaka* is a good rejuvenator and is recommended for *Kustha* (Skin diseases), *Visarpa* (Herpes zoster), and *Kandu* (Itching). It also counteracts the negative effects of *Gara visa* on the body.^[20] *Shuddha Hingula* has properties *Kapha-Pitta Nasak*, *Rasayana* (Anti-aging), *Vrishya* (Aphrodisiac), *Vishahara* (Anti-poisoning) and *Jwarahara* (Anti-pyretic).^[21]

CONCLUSION

Chandrakala Rasa is one of the important *Kharaliya Rasayana*. It is found mentioned in thirteen classical references explained under different *Rogadhikaras* by different *Acharyas* like *Daha Chikitsa*, *Mutrakriccha Chikitsa*, *Raktapitta Chikitsa*, etc. Each of the reference

mentioned is different with addition or deletion of some ingredients. Most of these are mentioned for *Pitta Roga* and the dose is also same according all authors, some author mentioned specified *Anupana* for *Chandrakala Rasa*. There are opportunities to do research in this area because not much research has been carried out on the same.

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