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A critical review on *Rasamritham* and *Rasamritha Ras* - A Herbomineral formulation in various Ayurvedic books

K.V. Subhadramma¹, P.V.N.R. Prasad², K. Sreehari³

¹Post Graduate Scholar, Dept. of Rasa Shastra and Bhaishajya Kalpana, Dr.N.R.S. Government Ayurvedic College, Vijayawada, Andhra Pradesh, India.

²Retired Professor, Dept. of Rasa Shastra & Bhaishajya Kalpana, Dr.N.R.S. Government Ayurvedic College, Vijayawada, Andhra Pradesh, India.

³Associate Professor, Dept. of Rasa Shastra and Bhaishajya Kalpana, Dr.N.R.S. Government Ayurvedic College, Vijayawada, Andhra Pradesh, India.

ABSTRACT

Rasamritham & *Rasamritha Ras* is said in various *Ayurveda* text books with different ingredients and different indications. So these are gathered and documented for some specific message to people for awareness.

Key words: *Rasamrita Ras*, *Rasamritham*, *Amlapitta*.

INTRODUCTION

Rasa Shastra is a special branch of *Ayurveda* which deals with specific pharmaceutical procedures and techniques which converts the metals and minerals in to safe and acceptable forms. In *Rasa Shastra* apart from gold, silver, mercury, mica, arsenic, tin, zinc, lead several other metals are treated with indigenous herbs and transformed into *Khalviya Rasayanas*, *Sindhura's*, *Pottali*, *Parpati* and *Bhasma's* etc. Among these, *Khalviya Rasayana* are most commonly used preparations as they are easily prepared by mixing herbal and mineral drugs in specified proportions and levigating with/without different liquid media. *Rasamritham* is one of the *Ayurvedic Rasaushada* formulation containing *Parada*, *Gandhaka*, *Triphala*, *Trikatu* and *Trimada* which is said to be the effective

formulation in *Amlapitta*. Thus, the present study is an attempt to go through various classical references of *Rasamritham* & *Rasamritha Ras* in order to have comparative better understanding of this formulation.

MATERIALS AND METHODS

References of *Rasamritham* were collected from various available classical texts of *Ayurveda*, some dissertations and articles from various journals were also reviewed in this attempt. These collected materials are orderly tabulated and critically reviewed.

Rasamritham & *Rasamritha Ras* references:

1. *Yogaratanakaram*
2. *Rasa Yoga Sagaram*
3. *Vaidyachinthamani*
4. *Rasa Chandamshu*
5. *Rasendra Sara Sangraham*
6. *Rasa Tantra Sara Sidda Prayoga Sangraham*
7. *Vangasena*
8. *Rasa Jala Nidhi*

1. *Rasamritham*^[1-4]

त्रिकटु त्रिफला मुस्ता विडङ्गश्चित्रकं तथा ।

एषां सञ्चूर्णितानां तु प्रत्येकं तु पलं भवेत् ॥ ५८ ॥

Address for correspondence:

Dr. K.V. Subhadramma

Post Graduate Scholar, Dept. of Rasa Shastra and Bhaishajya Kalpana, Dr.N.R.S. Government Ayurvedic College, Vijayawada, Andhra Pradesh, India.

E-mail: katireddysubhadra@gmail.com

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कर्षद्वयं गन्धकस्य तदर्थं पारदस्य च।
 बिडालपदमात्रं तु लिह्यात्तन्मधुसर्पिषा ॥ ५९ ॥
 शीतोदकं चानुपिबेत्क्रमाद्रव्यं पयस्तथा ।
 अम्लपित्तमग्निमान्द्यं परिणामरुजं तथा ।
 कामलां पाण्डुरोगं च हन्यादेतद्रसामृतम् ॥६०॥

Ingredients:

1. *Shuddha Parada* - 1 part
2. *Shuddha Gandhaka* - 2 parts
3. *Amalaki* - 4 parts
4. *Vibhitaki* - 4 parts
5. *Haritaki* - 4 parts
6. *Shunti* - 4 parts
7. *Pippali* - 4 parts
8. *Maricha* - 4 parts
9. *Chitraka* - 4 parts
10. *Musta* - 4 parts
11. *Vidanga* - 4 parts

Procedure:

- One part of *Shudha Parada* and 2 parts of *Shudha Gandhaka* is taken in the *Khalwa Yantra* and *Mardhana* done until thick black *Kajjali* is obtained (Approximately 24-30 hours)
- Then add all fine powders of *Trikatu*, *Triphala*, *Trimada* and mixed homogeneously, & take after mixing with *Madhu* and *Ghritha*.

Dosage: 1 Karsha (12gm).

Anupana: *Sheethodakam* and *Dugdha* (Cow's milk)

Indication: *Amlapitta* (Hyperacidity), *Agnimandhya* (Digestive impairment), *Pandu*, *Kamala* and *Parinama Shula*.

2. *Rasamritha Rasa*^[5-9]

रसस्य द्विगुणं गन्धं माक्षिकं च शिलाजतु।
 गुडूचि चंदन द्राक्षा मधुपुष्प धान्यकम् ॥11॥

कुटजस्य त्वचं बीज धातकी निम्बपत्रकम्।
 यष्टिमधु समायुक्तं मधुशर्कराऽन्वितम् ॥12॥
 विधिना मर्धयित्वा तु कर्षमात्रन्तु भक्षयेत् ।
 धारोष्णपयसायुक्तं प्रातरेव समुत्थितः ॥13॥
 पित्तं तथाम्ल पित्तंश्च रक्त पित्तं विशेषतं ॥
 निहन्ति सर्वदोष व ज्वरं सर्वं न संशयः।
 रसामृतरसो नाम गहनानन्दभाषितः॥14॥

Ingredients

1. *Suddha Parada* - 1 Part
2. *Suddha Gandhaka* - 2 Parts
3. *Maksika Bhasma* - 1 Part
4. *Suddha Silajatu* - 1 Part
5. *Chandana* - 1 part
6. *Guduchi* - 1 part
7. *Madhuka Puspa* - 1 Part
8. *Draksa* - 1 Part
9. *Dhanyaka* - 1 part
10. *Kutaja Tvak* - 1 Part
11. *Kutaja Bija* - 1 part
12. *Dhataki* - 1 Part
13. *Nimba Patra* - 1 part
14. *Yastimadhu* - 1 part

Method of preparation:

Prepare the *Kajjali* of *Suddha Parada* and *Shuddha Gandhaka* by triturating in *Khalwa Yantra*. Then add all the *Bhasmas* and powders of rest of the all ingredient to it. This formulation is known as *Rasamritha Rasa* which has been formulated by *Acharya Sri Gahanananda*.

Dose: 1 Karsa (10 gm.)

Anupana: *Madhu* and *Sharkaras* and *Dharosna Ksheera*

Time of administration: Morning

Indications: Pitta Rogas, Amlapitta, specially Raktapitta and Sarva Dosaja Jvaras

Pharmacological property: Sarva Dosha Hara (11-14)

3. Rasamritha Rasa^[10]

मातुलुङ्गद्रवैः सूतं भावितं वासरावधि ।

गन्धकञ्चपलान्यष्टौनागंतत्पादसंयुतम् ॥६४०॥

एकीकृत्याऽथ सम्भाव्य हस्तिशुण्डीरसैस्तथा ।

धूमसारैश्च्यहं भाव्यंरामठेनत्र्यहंत्र्यहम् ॥६४१॥

शुष्कं काचघटे न्यस्य यामानष्टौ प्रदीपयेत् ।

सिकताख्येन यन्त्रेणवैद्योबुद्धिविशारदः ॥६४२॥

रक्तिकाद्वितयं सेव्यं मदात्ययनिवृत्तये ।

मधुनाऽऽमलकैर्नित्यंराजाहन्तुरसामृतम् ॥६४३॥

Ingredients

1. Shudha Parada - 8 Pala
2. Shudha Gandhaka - 8 Pala
3. Nagabhasma - 2 Pala

Bhavana Dravyas

1. Matulunga Swarasa
2. Hasti Shundi Swarasa

Rasamritham – 1

Name of references and author	Ingredients	Method of preparation	Dose	Anupana	Indications
<p>1. Yogaratanakara, volume-2 . Madhyama Khanda. Amlapittadhikara.62/(58-60). page no-976 Sri Mayura Pada Bhikshu</p> <p>2. Vangasena. Volume-2. Amlapitta Chikista.62/(50-52) Page no :770 Sri Vangasena</p> <p>3. Vaidya Chintamani. Volume-2. Amlapitta Prakaranam 35(40-43) Page no:217 Sri Vallabhacharya</p>	<p>1. Shuddha Parada -1part</p> <p>2. Shuddha Gandhaka -2parts</p> <p>3. Amalaki - 4parts</p> <p>4. Vibhitaki - 4parts</p> <p>5. Haritaki - 4parts</p> <p>6. Shunti. - 4parts</p> <p>7. Pippali - 4parts</p> <p>8. Maricha - 4parts</p>	<p>• One part of Sh.Parada and 2 parts of Sh.Gandhaka is taken in the Khalwayantra and Mardhana done until thick black Kajjali is obtained.(Approximately 24-30hours)</p> <p>• Then add all fine powders of Trikatu, Triphala; Trimada and mixed homogeneously.</p> <p>Uniformly. To take mixing of Madhu and Ghritha.</p>	<p>1 Karsha (12gm)</p>	<p>Sheethodakam Godugdha</p>	<p>Amlapitta (Hyperacidity) Agnimāndhya (Digestive impairment), Pandu, Kamala, Parinama Shula.</p>

3. Griha Dhooma &

4. Hingu sufficient quantity for Bhavana

Preparation:

1. Shuddha Parada Bhavana with Matulunga Swarasa for 1day.
2. Then added Shudha Gandhaka and Naga Bhasma and 3 Bhavanas with Hasti Shundi Swarasa, Grihadhooma and Hingu.
3. Dried and prepare the Kupipakwa Rasayana with Valuka Yantra for 8 hours
4. After Swanga Seethala the Rasamritha Rasa triturating for taking as internal medicine.

Dosage: 2 Ratti

Anupana: Madhu, Amalaki Churnam.

Indications: Madatyayam

Rasa Yoga Sagara, Volume -2, Rasamritha Rasa (Tritheeya) (640-643), Page no: 261

This medicine is indicated in Murchadhikara as per reference of

1. Rasa Kanda
2. Rasa Sudhakara
3. Rasa Prakasa

4. Rasa Yoga Sagara .Volume-2 <i>Rasamritha Ras</i> . (Dwitheeya). (637-639) Page:261 <i>Sri Hari Prapanna Sharma Ji</i>	9. <i>Chitrak</i> - 4part 10. <i>Musta</i> - 4parts 11. <i>Vidanga</i> - 4 parts				
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Rasamritham 2

Name of references and author	Ingredients	Method of preparation	Dose	Anupana	Indications
<p>1. Rasendra Sara Sangraham. <i>Rasamritha Rasa</i> 2nd chapter. <i>Raktapitta Chikista</i> (11-14) Page no:463. Sri Gopala Krishna ram bhatt</p> <p>2. Rasa Tantra Sara Sidda Prayoga Sangraha. Volume 2 11th chapter. <i>Raktapitta Chikista</i> 4th Yoga Page.no:100 ref:<i>Rasa Yoga Sagara</i> Sri Gopala Krishna</p> <p>3. Rasa Jala Nidhi. volume:5. chapter 1 <i>Rasamritha Ras . Rakta Pittadhikara</i> Page no:9 Sri Bhudeo Deva Sharma,</p> <p>4. Rasa Chandamshu. Uttara Khanda. 11th chapter. <i>Rakta Pitta Chikista.</i> <i>Rasamritha Rasa.</i> page no:741-744. Sri Bhairava Nath</p> <p>4. Rasa Yoga Sagara. Volume -2 <i>Rasamritha Rasa</i>(Dwitheeya)(633-636) Page no:261 Sri Hari Prapanna Sharma Ji</p>	<p><i>Suddha Parada</i> - 1 part</p> <p>2. <i>Suddha Gandhaka</i> - 2 parts</p> <p>3. <i>Maksika Bhasma</i> 1 part</p> <p>4. <i>Suddha Silajatu</i> - 1 part</p> <p>5. <i>Candana</i> 1part</p> <p>6. <i>Guduchi</i> 1part</p> <p>7. <i>Madhuka Pুষpa</i> - 1 part</p> <p>8. <i>Draksa</i> - 1 part</p> <p>9. <i>Dhanyaka</i> 1part</p> <p>10. <i>Kutaja tvaca</i> 1Part</p> <p>11. <i>Kutaja bija</i> 1part</p> <p>12. <i>Dhataki</i> - 1 part</p> <p>13. <i>Nimba Patraka</i> - 1part</p> <p>14. <i>Yastimadhu</i> 1part</p>	<p>Prepare the <i>Kajjali</i> of <i>Suddha Parada</i> and <i>Shuddha Gandhaka</i> by triturating in <i>Khalwayantra</i>. Then add all The <i>Bhasmas</i> and powders of rest of the all ingredient to it.</p> <p>This formulation is known as <i>Rasamrita Rasa</i> which has been formulated by Acharya Sri Gahanananda.</p>	1 Karsa (10 grams)	<i>Madhu</i> and <i>Sarkas</i> and <i>Dharosna Ksheera</i>	<p><i>Pitta Rogas, Amlapitta, specially Raktapitta and Sarva Dosaja Jwaras</i></p> <p>Pharmacological property: <i>Sarva Dosha Hara</i> (11-14)</p>

Rasamritham 3

Name of references and author	Ingredients	Method of preparation	Dose	Anupana	Indications
Rasayoga sagara. Volume - 2 Rasamritha Rasa (Tritheeya) (640-643) Page no:261 By Sri Hari Prapanna Sharma Ji	1.Shudha Parada - 8 Palas 2.Shudha Gandhaka. - 8 Pala 3.Nagabhasma - 2 Pala Bhavana Dravyas: 1.Matulunga Swarasa 2.Hasti Shundi Swarasa 3.Griha Dhooma 4.Hingu. Sufficient quantity for Bhavana	1.Shuddha Parada Bhavana with Matulunga Swarasa for 1day. 2.Then added Shudha Gandhaka and Naga Bhasma and 3 Bhavanas with Hastishundi Swarasa; Grihadhooma and Hingu. 3.Dried and prepare the Kupipakwa Rasayana with Valuka Yantra for 8 hours 4.After Swanga Seethala the Rasamritha Rasa triturating for taking as internal medicine.	2 Ratti	Madhu, Amalaki Churnam	Madatyayam

DISCUSSION

The methodology of *Khalviya Rasayana* was evolved only after 12th century A.D. by Sri Dundukanatha in *Rasendra Chintamani* even though the same procedure was in use for the purpose of *Parada Murchana* and other medicinal formulations. The main aim behind the invention of *Khalviya Rasayana* may be to enhance the properties of drug, there by facilitate easy administration. Pharmacologically speaking, making the drug bio-available, quick in action target tissue reaching and devoid of adverse toxic effects. Specific mode this procedure potentiated the constituents, stabilizes from bonding between the constituents forming a coordinating complex with wide range of therapeutic formulations. *Rasamritham* is one such preparation containing *Parada Gandhaka* and Herbal drugs of *Triphala*, *Trikatu*, *Trimada*. It is one of the *Niragni*, *Sagandha*, *Khalweeya Rasayana* described by *Yogaratanakara* under *Amlapitta Chikitsa*. *Rasamritham* is a *Khalviya Rasayana* indicated mainly in *Amlapitta*. Maximum texts followed *Yogaratanakara* - 1st reference. There are mainly three variants in *Rasamritam* & *Rasamritha Ras*. *Rasamritam*- 1 is carrying the properties of *Kashaya Rasa*, *Ushna Veerya*,

Madhura Vipaka, *Deepana*, *Pachana*, *Rasayana Amlapitta*, *Shula*, *Pandu*, *Kamala*. *Rasamritham Ras* - 2 contains *Makshika Bhasma* and *Shilajathu* in addition to *Parada* and *Gandhaka* with few other herbal ingredients. The third type mentioned in the article is peculiar in its ingredients and indication compared to the other two types.

CONCLUSION

Rasamritam and *Rasamritha Ras* are mentioned as *Khalviya Rasayana* in all texts. *Rasamritham*, *Rasamritam Rasa* is the different names assigned to it. The ingredient varies in the three different types of *Rasamritham* & *Rasamritha Ras* mentioned in the article. *Parada* and *Gandhaka* are considered as chief ingredients in maximum texts. All references said about *Rasamritham* & *Rasamritha Ras* various different indications and ingredients. Different authors mentioned the drug with different ingredients. Depending upon the ingredients and methods mentioned in different texts having the qualities of *Rasayana* and *Yogavahi* properties. This is the safe and effective formulation.

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