

A LITERARY REVIEW ON VISHISHTA YOGA AND ROGAGNATA OF RASADRAVYA

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ABSTRACT

Rasashastra is a branch of Ayurveda which deals about mercury, mineral, metals and its therapeutic usage in detail, several formulations are mentioned in different texts of Rasashastra. In this literary work, only important formulations (Vishista Yoga) of Rasadravya (Mineral and metals) which are used day to day practices is compiled.

KEYWORDS: More than Hundred Rasayoga have been mentioned in Rasashastra.

INTRODUCTION

More than Hundred Rasayoga have been mentioned in Rasashastra Text, Many formulations are not in practices and some are not manufactured due to several reasons so an effort is made in this work

to gather or compile all the important formulations which are in market or practices in this review article.

| Sl. No. | Rasadravyas | Vishishtayoga (Important Formulation) | Rogagnata (Indication) |
|---------|----------------|---|---|
| 1 | Rasa (Mercury) | Arogya vardhini vati Brihat vatachinthamani rasa Shwasa kutara rasa | Yaktruth vikara, Twak Vikara VataRogas Shwasa, kasa |

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| | | Sootashekara rasa Vasanta malathi rasa Yakrit pleehari louha | Amlapitta, Kshaya Jwara Kamala |
| 2 | Abharaka | Ekanga veera rasa Arshakutara rasa Gagana parpati Arogyavardhinivati Brihat vatachinthamani rasa | Pakshaghata Arshas Grahani Yaktruth vikara, Twak Vikara VataRogas |
| 3 | Vaikranta | Vijaya parpati | Grahani |
| 4 | Makshika | Grahanikapata rasa Chandraprabhavati Smritisagara rasa Vatagajankusha rasa Prabhakara Vati Shwasakasachintamani rasa | Grahani Ashmari, Prameha Apasmara Grdhrasi, Vataroga Hridroga Shwasa, Kasa |
| 5 | Vimala | Kshayakesari rasa | Kshaya |
| 6 | Shilajatu | Chandraprabhavati Shilajatvaadi vati Shilajatvaadi Lauha | Ashmari, Prameha Prameha Pandu |
| 7 | Sasyaka | Jatyadi Taila Jatyadi Ghrita | Vrana, Arshas Varna, Arshas |
| 8 | Gandhaka | Gandhaka rasayana Gandhakadya Malahara Mahalakshmi Vilasa Rasa Mrutyunjaya rasa Krimimudgara rasa | Twak Vikaras, Bhagandara, Kshaya Twak Vikaras Kasa, Kshaya Jwara Krimi |
| 9 | Gairika | Kamadudha rasa Sutashekara rasa | Amlapitta Amlapitta, Grahani |

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|----|--------------|---|---|
| | | Laghusutashekara rasa | Amlapitta, Shirashula |
| 10 | Kaseesa | Rajapravartini vati Rasapushpa Kaseesadi Taila | Anartava, Kastartava Jalodara, Phiranga, Krimi Vrana, Arshs |
| 11 | Spatika | Kshara parpati | Mutrakrichra, Ashmari. |
| 12 | Haratala | Vatagajankusha rasa Smrithisagara rasa Sameerapannaga rasa Talakeshwara rasa | Vataroga, gridhrasi. Apasmara Unmada Twak vikara |
| 13 | Manashila | Smritisagara rasa ShilaSindhoora Shwasakutara rasa Vatakulantaka rasa Unmadagajakesari rasa | Apasmara Shwasa, Kasa Vataroga Manasika vyadhies |
| 14 | Anjana | Pushyanuga Churna Daruharidra rasakriya | Raktapradara, Shwetapradara etc Netra rogas. |
| 15 | Kampilla | Krimighatini vati Kampillaka malahara | Krimi Twak vikaras |
| 16 | gouripashana | Malla sindhoora Sameerapannaga rasa Malla vati | Shwasa, kasa, Ardita. Unmada Shwasa, Phiranga, visha. |
| 17 | Navasadara | Shwetha parpati Shankha drava Swarna vanga | Mutrakrichra, ashmari. agnimandya Prameha, vajikara. |
| 18 | Kaparda | Agnikumara rasa Pradarantaka loha Pravalapanchamrita rasa | Agnimandya ,amlapitta. Pradara, Pandu. Atisara, Grahani, Hridroga |
| 19 | Hingula | Hinguleshwara rasa Ananda bhairava rasa Tribhuvanakeerti rasa Vasanta malati rasa | Jwara Jwara Jwara Kasa, Jwara |

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| 20 | Swarna | Brihatvatachintamani rasa | Amavata, vatarogas |
| | | Swarna bhupati rasa | Amavata, kshaya |
| | | Rasaraja rasa | Ardita, pakshaghata |
| | | Chaturbhujra rasa Makaradhwaja | Pakshaghata Vajikara |
| | | Swarna malini vasanta rasa Sarasvata arishta | Shwasa Manasika vyadhi |
| | | Kumarakalyana rasa | Balaroga |
| 21 | Rajata | Vasanta Kusumakara rasa | Prameha,kshaya |
| | | Vijaya Parpati | Grahani,Arshas |
| | | Brihat vata chintamani rasa | Amavata,vatavyadhies |
| | | Trilokya chinthamani rasa Pradarantaka loha | Kshaya,kasa,Rasayana,vajikara Pradara.. |
| 22 | Tamra | Smriti sagara rasa | Apasmara,Smriti nasha |
| | | Mahavata vidwmsa rasa | Vatavyadhi,Apasmara |
| | | Ekanga veera rasa | Pakshagata, |
| | | Pradarantaka loha | Pradara |
| | | Tamra Parpati | Grahani |
| 23 | Loha | Loha parpati | Pandu, |
| | | Vidangadi loha | Pandu,Kamala |
| | | Saptamrita Loha | Pandu,Netrarogas |
| | | Arogyavardhini vati | Yakrit vikara,Twak Vikaras |
| | | Chandraprabha vati | Prameha,Ashmari |
| 24 | Vanga | Swarna vanga | Prameha,vajikara |
| | | Brihat vangeshwara rasa | Prameha,kshaya |
| | | Vangeshwara rasa | Prameha |
| | | Pradarantaka rasa | Pradara |
| 25 | Naga | Trivanga bhasma | Prameha, |

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| | | Naga sindhra | |
| 26 | Yashada | Trivanga bhasma | Rasayana |
| 27 | Mukta | Shwasakasa chintamani rasa | Shwasa,kasa |
| | | Kamadhudha rasa | Amlapitta |
| | | Mukta pishti | |
| | | Pravala panchamrita rasa | Agnimandya, Grahani, Hridroga |
| 28 | Pravala | Pravala panchamrita rasa | Agnimandya, Grahani, Hridroga |
| | | Pravala pishti | |
| 29 | Shukti | Pravala panchamrita rasa | Agnimandya,Grahani |
| | | Kamadhudha rasa | Amlapitta |
| 30 | Shanka | Shanka drava | Agnimandya,Grahani |
| | | | Amlapitta |
| 31 | Tankana | Ananda bhairava rasa | Jwara |
| | | Shwasakutara rasa | Shwasa,kasa |
| | | Tribhuvanakeerti rasa | Jwara, |

DISCUSSION

More than 50 rasa dravya have been mentioned in the rasashastra text, only 30 drugs is been compiled in this article. Contravercial & miscellaneous drugs is been left out.

CONCLUSION

By this article, it is concluded that for management and chikitsa for several disorder rasa aushadhies are uttama (best).

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