

**PERIODICAL ANALYSIS IN THE DEVELOPMENT OF AYURVEDIC
HERBOMINERAL FORMULATIONS *KRAVYADA RASA*****Dr. Govind Yadav^{*1}, Dr. Manoj Kumar Dash² and Dr. Saroj Parhate³**

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ABSTRACT

Science of *Ayurveda* was introduced with the Branch of *Rasashastra* from 3rd century onwards. *Rasashastra* is a pharmaceutical branch of Indian Systems of medicine which mainly deals with Metals, Minerals, Animal origin products, Toxic herbs and their use in therapeutics. These rasa *Dravyas* are found to have instant effectiveness, minimal dose and extensive therapeutic utility irrespective of constitutional variation. After the development of *Rasashastra*, inclusion of many herbo mineral preparations can be noticed in the *Ayurveda* books. *Kravyada rasa* is one such formulation seen in latest books of *Ayurveda* with a unique blend of herbal and mineral drugs which is fortified by subjecting to *Bhaavana* (levigation.) in different media. *Kravyada rasa* is indicated in context of *Agni mandhya* or *Mandaagni* or *Ajeerna adhikara*. The formulation includes *Parada*, *Gandhaka*, *Loha bhasma*, *Tamra bhasma*, *Tankana*, *Vida lavana* and *Maricha* subjected to

levigation in *Jambira* juice, *Panchakola kwatha*, *Amlavetasa* and *Chanakamla*. Formulation is also unique in its preparation as *Kajjali* along with *Tamra Bhasma* and *Loha Bhasma* is made into *Parpati* (thin flake like) and then subjected to repeated levigation after adding remaining ingredients. In this study an attempt is made to gather information on *Kravyada rasa* from various classics with insight into ingredients, dosage and mode of action, thereby enabling further studies on *Kravyada rasa*; a less exploited herbomineral formulation.

KEYWORDS: *Herbo mineral formulation, Kravyada rasa, Agni maandhya.*

INTRODUCTION

Ayurveda is one of the oldest life sciences known today. Science focuses mainly on 2 aspects *Swasthasya Swaasthya Samrakshanam* and *Aathurasya Vikaara Prashamanam*, i.e. the preventive and curative aspects in an individual through *Aahara* and *Vihara*. Science of *Ayurveda* was introduced with the Branch of *Rasasastra* from 3rd century onwards. *Rasa Shastra* deals with *Rasa* (mercury), Metals, Minerals, Gems, toxic Herbal drugs and various Principles of Alchemy and Metallurgy. Metals and minerals were subjected to *Shodhana* (purification), *Maarana* (incineration) etc to convert them into less toxic and easily absorbable form. The *Bhasma* thus formed were used with different herbal drugs and therapeutically used widely. The herbo mineral preparations are preparations containing Herbal drugs, minerals and metals as integral part. Here metals are not present in elemental form but in the compound form and their fate in the body will not be the same as it is for the elemental form of heavy metals. These metals in form of *Bhasmas* are added with highly potent herbal drugs and further fortified by subjecting to repeated trituration in different media. Thus herbo mineral preparation can be considered to have quick action in lesser doses. But hundreds of herbo mineral preparations mentioned in *Ayurveda* books still remain unnoticed and unattended. It the need of the hour to identify potential formulations and start studies on that.

Kravyada Rasa

Kravyada rasa is one such unique and efficacious *Kharaliya Rasayana* mentioned in *Yogaratanakara*, *Rasajala nidhi*, *Rasartana samuchaya* etc in the context of *Agni maandhya*. *Kravyada* literally means “An eater of raw flesh or meat, carnivores” *kravya*- raw flesh, adh-To eat (Amarakosa) *Kravyada rasa* was propounded by *Manthana Bhairava* to *Bhairavaananda Yogi* for the use of the king of Simhala who was very fond of meat preparations and desired to eat again and again. By taking this recipe, it said to cure indigestion and stimulates digestive fire. *Agni mandhya* or *Agni vaishamya* can be considered as reduced power of digestion, assimilation and metabolism. *Agni maandhya* is considered as root cause of all diseases in *Ayurveda*. Factors that lead to *Agni maandhya* are changes in life style and dietary habits which in turn aggravate the imbalance of *Doshas* and finally leading to *Vaishamya* in *Agni*. *Agni mandhya* leads to formation of *Ama* (morbid material). *Ama* thus formed accumulates in the body over the period of time, resulting in several diseases. Thus

protection of *Agni* becomes an important criteria in determining health of an individual. *Kravyada rasa* is an exclusive formulation mentioned in curbing *Mandaagni* or *Agni Vaishamy*. Table 1: showing references of *Kravyada rasa* from different classical texts of Ayurveda.

Table 1: showing references of *Kravyada rasa* from different classical texts of Ayurveda.

Reference book	Chapter
<i>Yoga ratnaakara</i> ^[1]	<i>Ajeerna- Brihat kravyada rasa and laghu kravyada rasa</i>
<i>Rasa Jala Nidhi</i> ^[2]	<i>Agnivaishamya- Prathama and Dvitheeya Kravyaada rasa</i>
<i>Bhaishajya Ratnavali</i> ^[3]	<i>Mandaagni</i>
<i>Rasendra sara sangraha</i> ^[4]	<i>Ajeerna chikitsa</i>
<i>Rasa ratna samuchaya</i> ^[5]	<i>Ajeerna chikitsa</i>

Method of preparation

Shuddha Parada and *Shuddha Gandhaka* are triturated in a Pestle and mortar to get *Kajjali* with *Siddha lakshanas*. *Kajjali* was then mixed with *Tamra bhasma* and *Loha bhasma*. The mixture was melted on fire. After melting it should be poured over the leaf of *Eranda* and made into a *Parpati*. *Parpati* on cooling was made into fine powder in an iron pan and *Jambira swarasa* was added to it. It was then heated till evaporation of liquid. Above mixture was subjected to *Bhaavana* using *Panchakola kwatha* and *Amlavetasa Kwatha* separately. Specified quantity of *Suddha Tankana*, *Bida Lavana* and *Maricha Choorna* was added to it and levigated with *Chanakamla* for 7 times. It was then made into pills of 2 masha size.

Table 2: Formulation *Kravyada Rasa* In The Period 9th To 13th Century.

Sr. No.	Ingredients	Botanical Name	Dose	Anupana	Parts Used
1.	<i>Shodhita Parada</i>	Mercury	1 rati/day	With nimbu rasa or warm water	-
2.	<i>Shodhita Gandhaka</i>	Sulphur			-
3.	<i>Tamra Bhasma</i>	Copper			-
4.	<i>Loha Bhasma</i>	Iron			-
5.	<i>Jambeera Rasa</i>	<i>Citrus limon</i>			(Fr.)
6.	<i>Pippali</i>	<i>Piper longum</i>			(Fr.)
7.	<i>Pippalimoola</i>	<i>Piper longum</i>			Root
8.	<i>Chavya</i>	<i>Piper retrofractum</i>			Root
9.	<i>Chitraka</i>	<i>Plumbago zeylanica</i>			Root
10.	<i>Sunthi</i>	<i>Zingiber officinale</i>			Rhizome
11.	<i>Amlavetasa</i>	<i>Garcinia pendunculata</i>			(Fr.)
12.	<i>Shodhita Tankana</i>	Borax			-
13.	<i>Vidalavana</i>	-			-
14.	<i>Maricha</i>	<i>Piper Nigrum</i>			(Fr.)

15.	<i>Chanakamla</i>	-			-
16.	<i>Ghritha</i>	Ghee			-
17.	<i>Saindhavalavana</i>	-			-

Table 3: Formulation *Kravyada Rasa* In The Period 14th Century.

Sr. No.	Ingredients	Botanical Name	Quantity	Dose/Anupana	Parts Used
01	<i>Shodhita Parada</i>	Purified mercury	100gm	4 valla/ sandhav yukta chaas	-
02	<i>ShodhitaGandhaka</i>	Purified sulphur	50gm		-
03	<i>TamraBhasma</i>	Copper	12gm		-
04	<i>LohaBhasma</i>	Iron	12gm		-
05	Jambeera Rasa	-	4kg		(Fr.)
06	<i>Pippali</i>	Piper longum	50times bhavna		(Fr.)
07	<i>Pippalimoola</i>	Piper longum root	50times bhavna		Root
08	<i>Chavya</i>	Piper chaba	50times bhavna		Root
09	<i>Chitraka</i>	Plumbago zeylancica	50times bhavna		Root
10	<i>Sunthi</i>	Zingiber officinale	50times bhavna		Rhizome
11	<i>Amlavetasa</i>	<i>Garcinia pendunculata</i>	50times bhavna		(Fr.)
12	<i>ShodhitaTankana</i>	Borax	87gm		-
13	<i>Vidalavana</i>	-	43gm		-
14	<i>Maricha</i>	Piper nigrum	306gm		(Fr.)

Table 4: Formulation *Kravyada Rasa* In The Period 13th To 16th Century.

Sr. No.	Ingredients	Botanical Name	Quantity	Parts Used
01	<i>Shodhita Parada</i>	Mercury	100gm	-
02	<i>ShodhitaGandhaka</i>	Sulphur	50gm	-
03	<i>TamraBhasma</i>	Copper	12gm	-
04	<i>LohaBhasma</i>	Iron	12gm	-
05	<i>Amlavetasa</i>	<i>Garcinia pendunculata</i>	50times bhavna	(Fr.)
06	<i>ShodhitaTankana</i>	Borax	87gm	-
07	<i>Vidalavana</i>	-	43gm	-
08	<i>Chanakamla</i>	-	-	-
09	<i>Ghritha</i>	Ghee	-	-
10	<i>Saindhavalavana</i>	-	-	-

Table 5: Formulation *Kravyada Rasa* In The Period 17th Century.

Sr. No.	Ingredients	Botanical Name	Quantity	Dose/anupana	Parts Used
01	<i>Shodhita Parada</i>	Mercury	4pal	4 valla/ Amla tarka	-
02	<i>ShodhitaGandhaka</i>	Sulphur	2pal		-
03	<i>TamraBhasma</i>	Copper	2pal		-
04	<i>LohaBhasma</i>	Iron	2pal		-
05	<i>Amlavetasa</i>	<i>Garcinia pendunculata</i>	50times bhavna		(Fr.)
06	<i>ShodhitaTankana</i>	Borax	4pal		-
07	<i>Vidalavana</i>	-	-		-
08	<i>Chanakamla</i>	-	7times b		-
09	<i>Jambeer rasa</i>	-	100pal		(Fr.)
10	<i>Pippali</i>	Piper longum	50times b		(Fr.)

11	<i>pippalimoola</i>	Piper longum root	50times b		Root
12	<i>Chavya</i>	Piper chaba	50times b		Root
13	<i>Chitraka</i>	Plumbago zeylancica	50times b		Root
14	<i>Nagar</i>	Zingiber officinale	50times b		Rhizome
15	<i>Marich churna</i>	Piper nigrum	10pal		(Fr.)

Indications

Useful in 6 types of *Ajeerna* (dyspepsia), promotes appetite. It is indicated in *Karshya* (hyposthenia), *Sthoulya* (obesity), as an antidote to poisons, *Ama dosha*, *Gulma*, *Pliha*, *Grahani*, *Vatakapha rogas*, *Vataja granthi*, *Mahodara*, *Sula* and *Arsas*.

DISCUSSION

Kravyada rasa is herbomineral preparation mentioned in *Ayurveda* books. Two formulations named *Kravyada rasa* and *Laghu Kravyada rasa* or *Prathama* and *dweeteeya Kravyada rasa* are available in *Yogaratanakara* and *Rasa Jala Nidhi* respectively. In *Kravyada rasa* ingredients like *Kajjali*, *Tamra Bhasma*, *Loha bhasma*, *Jambira swarasa*, *Tankana*, *Vida lavana*, *Maricha choorna*, *Panchakola kwatha*, *Amlavetasa* and *Chanakamla vari* is used. There is a difference in opinion about the quantity of *Maricha churna* taken in the formulation as according to some authors quantity of *Maricha* should be taken as the sum of all other ingredients while some others opine that it should be equal to the quantity of *Vida lavana*. In addition some authors mention preparation of *Parpati* using *Kajjali*, *Tamra* and *Loha bhasma* in *Eranda patra* while others describe drying of these *Bhasmas* on the *Eranda Patra* rather than making into a *Parpati*. In Science of *Rasasastra* concepts of *Chathur vidha Rasayana* is explained. All preparations containing Mercury, metals and minerals fall under the *Chathur vidha rasayana*. *Chathur vidha rasayanas* are *Kharaleeya rasayana*, *Koopipakwa rasayana*, *Pottali rasayana* and *Parpati rasayana*. *Kharaliya rasayanas* are prepared in *kharala*. Here *Rasa*, metals or minerals, herbs etc are ground together in a mortar /*Khalva* to produce a finely powdered drug thereby reducing the particle size of the drug and increasing the pharmacological activity of the formulation. Here in *Kravyada rasa*; *Parpati*, herbal drugs, *Tankana kshara* and *Vida lavana* are subjected to *Bhaavana* in different media to produce a finely powdered drug. Due to rubbing between the surfaces of pestle and mortar, heat will be produced resulting in a chemical reaction between drugs and media. *Bhaavana* in the media until the liquid dries up increases the therapeutic efficacy and reduces the toxicity of the *Rasaoushadhies*. Second one among *Chathur vidha rasayana* is *Parpati Kalpana*. It is

a well known and successfully used preparation for the management of *Grahani*, later being main seat of *Agni*. *Parada* and *Gandhaka* are ground with specified metal *Bhasma* or without metal *Bhasma* to prepare a homogeneous black coloured fine powder known as *Kajjali*. *Kajjali* was then subjected to melting in a ghee smeared iron pan and poured over the specified leaves kept over cow dung. Fresh cow dung provides a smooth platform for the formation of *Parpati*. Ghee and leaves used like *Mocha patra* and *Eranda patra* has got proven action in stimulating the *Agni* of an individual. The use of *Parpati* was found beneficial for alleviating associated symptoms of *Grahani*, *Agni vaishamy* as well as various other diseases like *Rajayakshma*, *Kustha*, *Gulma* etc. As *kravyada rasa* is a formulation typically indicated in *Mandagni* or *Ajeerna*, preparation of *parpati* will definitely enhance the action of formulation in the *Agni* level. Furthermore all ingredients in the *Kravyada rasa* have got proven action *Agnideepana* action.

CONCLUSION

It is evident from the literature that *Kravyada rasa* is an emergency drug and the components of *Kravyada rasa* are expected to have *Agnideepana*, *Amapachana* action. It is useful in indigestion caused by consumption of non vegetarian and heavy diet, abdominal pain and diarrhoea caused by *Aama*. This review has presented collective information on therapeutic and pharmacological action of *Kravyada rasa* and will definitely helps in further explorations and studies on the formulation, *Kravyada rasa*.

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