

A REVIEW ON SHWITRAKUSHTARI RAS: A HERBO MINERAL FORMULATION

Dr. Shweta Utge^{1*}, Dr. Dharkar N. S.² and Dr. Dubewar A³

¹PG Scholar, ²Associate Professor and Pharmacy Incharge, ³Professor and HOD,
Department of Rassashastra & Bhaishajya Kalpana, Dr D. Y. Patil College of Ayurved and
Research Center, Pimpri, Pune, Maharashtra, India.

Article Received on
09 April 2018,

Revised on 30 April 2018,
Accepted on 20 May 2018

DOI: 10.20959/wjpr201811-12454

***Corresponding Author**

Dr. Shweta Utge

PG Scholar, Department of
Rassashastra & Bhaishajya
Kalpana, Dr D. Y. Patil
College of Ayurved and
Research Center, Pimpri,
Pune, Maharashtra, India.

ABSTRACT

Rasaushadhi's are considered to be the most potent formulation administered in smaller dosage form. Paradayukta kalpas are categorized into four types i.e. Khhalvi / kharliya rasayana, Parpati rasayana, Kupipakva rasayana, Pottali rasayana. Literally 'Khalva' means "a mail or stone for grinding drugs" and "Rasayana" means "A Medicine supposed to prevent old age and prolong life an elixir". So Khalvi / kharaliya Rasayanas are the medicine prepared by specially designed grinding which acts as an elixir by preventing old age and prolonging life and cures the diseases. One such Khalvi rasayanais Shitrakushtari Ras. Now a days many elements of human lifestyle like alcoholism, smoking, stress due to work, excess food intake, virudha food taking, excess intake of sour, sweet, salt & pungent food etc leads

to various disorders among which skin ailments are the most common. Shwitrakushtari Ras contain ingredients like shudha Parad, shudh gandhak, shututya bhasm, tamra bhasm and bakuchi. Which is indicated in Shwitra (Vitiligo) and Kushta (skin ailments). The ingredients of this rasa yoga acts superiorly on Shwita (Vitiligo) and Kushta (skin ailments).

KEYWORDS: Shwitrakushtari Ras, Kushta, Shwitra, Tuttya bhasma, Tamra bhasma.

INTRODUCTION

Ayurveda is a science of life. It is ever growing eternal health science. It is considered as the oldest documented form of health care system on the planet. Rasashastra has numerous formulation, in thus formulation all paradayukta kalpa can be allocated into one side, in

which Khalvirasayanas one among them. Khalvi rasayanas are unique mercurial preparations where in most of the preparations contain the mercury and sulphur in combination called as Kajjali. Other constituents purification and bhasmikan by elaborate procedure and also are required to be imbibed with the properties of fresh juices of different indigenous plants where by preparation becomes more potent. The speciality of Khalvi rasayana lies in binding different varieties of drugs into a single molecular form and hereby minimizing the dose and more efficacious in their action, Khalvi rasayanas promote different secretory organs and endocrine glands and build up all body tissues. The through trituration facilitates to fulfill these objectives. Shwitrakushtari Ras is one such rasaushadhi which is mentioned in only Rasaratnasammuchaya. It contains shuddha Parad, shuddha Gandhak, Tutthya bhasma, Tamra bhasma and Bakuchi. The empirical aim of this article is to review the pharmacological properties and to discuss the probable mode of action of Shwitrakushtari Ras.

MATERIALS AND METHODS

Name of the Yoga: Shwitrakushtari Ras.

Table1: List of ingredients in Shwitrakushtari Ras.

Sr. No.	Name of Ingredients	Scientific / Botanical Name	Part used Quantity
1	Shudha Parad	Hydragium	-
2	Shuddha Gandhak	Sulphur	-
3	Tutthya bhasma	Copper Sulphate	-
4	Tamra bhasma	Copper	-

Bhavana Dravya: Bakuchi kwatha (*Psoralea Coryalifolia*)

Method of Preparation

Above mentioned quantity of shuddha Parad and shuddha Gandhaka is added in a khalwayantra and triturated till the kajjali siddha lakshanas are obtained then add tutthya bhasma and Tamra bhasma into the kajalli and prepare a homogenous mixture. Homogenous mixture was taken in khalwa yantra and Bakuchi kwatha was added until whole churna was dipped and triturated. Trituration was done until total drying of the mixture. The obtained drug is collected and stored in an air tight container.

DISCUSSION

- Khalvi rasayanas is the main foundation for most of the formulations.
- Kajjali has ushana guna and katu vipaka which acts as yogavahi and tridoshghana.

- Shudha Tutthya bhasma has ushana guna and katu vipak acts as lekhanitya, Bhedaniya, Krumighana, Tridoshghna, Balya, Twakdosshar and Kushatagna.
- Shudha Tamra bhasma has ushna guna and madhur vipaka which acts Lekhana, Ropana, Netraya, Deepan and Bruhan.
- Bakuchi has ushana guna and katu vipak which acts as vatakapashamak and in kushta disease vata and kapha dosha are predominant in general.

CONCLUSION

Shwitrakushtari Rasa is one of the herbomineral formulation indicated in Shwitra and Kushta which is mentioned in Rasaratna Samucchaya. In spite of being told by Acharyas as an effective formulation, Shwitrakushtari Rasa is neither practical nor available in the market. The formulation contains the dravyas which are most beneficial in Shwitra and Kushta. It is also cost effective. The unique method of preparation adopted in this rasayoga makes it different from various other khalvi rasayana.

REFERENCES

1. Shri Vagbhatacharya Rasa Ratna Samucchaya, Ravimisra Rasaprabha Hindi Vyakyopethana, Indra Dev Tripathi Choukhamba Sanskrit Sansthan Varanasi Reprint 2013, 20th chapter 169th shloka, 261.
2. Dr. A. Deshpande, Dr. S. Ranade, Dr. R. Jawalagekar, Dravyagun Vigyan part 2, M.Nadulkar, Anmol Prakashan, 2002; 432.
3. Dept of Ayush CCRAS Data base on medicinal plants used in Ayurveda and siddha, pro G.S.Levakareta, New Delhi, 2007; 2: 89.
4. Vd Santoshkumar Khandal Rasa-Bhaishajya kalpana vigyana Publication scheme Jaipur India, Publication, 2014; 82, 180, 185, 243.