

**A REVIEW ON TEXT ANANDAKANDA – TREATISE OF  
RASASHASTRA**

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**ABSTRACT**

Rasashastra is a branch of Ayurveda which is also considered as tantric science. Rasashastra believes in jeevanmukti that is attaining mukti from worldly pleasures and pains when the individual is alive itself. Anandakanda is one such text where we can see both dehavaada and dhatuvaada as well but the text concentrates more on Dehavaada. Anandakanda text has a very unique concepts and in the present article an attempt is made to describe the text briefly.

**KEYWORDS:** Anandakanda, Rasashastra, Ullasa, Jeevanmukti.

**INTRODUCTION**

Rasashastra is a branch of Ayurveda which emerged during the medieval period that mainly concentrates in the rasadravyas. Anandakanda or the root of bliss is a one among the Rasagranthas which has the essence of Tantric cult. It propogates promotion of health by usage of herbomineral preparations and it also speaks about transmutation of lower minerals into higher ones which is called as dhatuvaada.

**AUTHOR**

First edition by k Sambashiva shastri, Hindi translation by Dr. Siddhinandana Mishra.

About the composer of the book there is no proper evidence as this book is depicted as the samvaada between the shiva and Parvathi that is bhairava and Bhairavi, Hence called bhairavokta tantra.

There is also a opinion that Shree manthanabhairava might be the author of this book who is a siddhayogi.

### **PLACE OF COMPILATION**

By looking into the chapters it can be understood that the book was compiled on the shrishailaparvata by the person who knew the nook and corner of the Parvata and also the siddhis which can be attained over there.

### **TRANSLATIONS**

- Anandakanda text was first translated into Tamil language from taadapatra.
- Then hindi translation was done by Siddhinandana Mishra.

### **SALIENT FEATURES OF CHAPTERS**

The book is divided into two parts called as vishranthi. First part being Amruthikarana Vishranti consisting totally 26 chapters and the second one Kriyakarana Vishranti consisting of 10 chapters and the Chapters are called by the name Ullasa.

#### **I. AMRUTHIKARANA VISHRANTI**

##### **✓ Prathamollasa**

Parada Utpatti, Bheda, Guna-Karma, Dosha, Avastha (5), gathi, Parada Nishkasana from Kupa, Hingulottha parada.

##### **✓ Dvithiyollasa**

Rasopadesha guru lakshana, shishya lakshana, Shadkarma from Tantrika, Kalini lakshana, Rasendrapuja vidhi, Rasankusha dhyana, Rasalinga archana, Parada puja phala, Sundara stree varnana, Agamya stree.

##### **✓ Trutiyollasa**

Rasadeeksha krama, Deeksha yogya nakshatra, Different types of Deeksha.

##### **✓ Chaturtollasa**

Astadasha samskara, Dhanyamla sandhana prakara.

**✓ Panchamollasa**

Different types of Jarana, Dhumavedhirasa, Jarana krama, Veda vidhi, Dosha nashana by Shadgunaabra jarana, Guna of Parada after samskara.

**✓ Shastamollasa**

Dehavedakrama, Panchakarma – Pachana, Snehana, Swedana, Vamana, Virechana, Ksharadoshanashaka peya, Amladoshanashaka peya, Krumipatana, Rasayanayoga, Arotakarasa seva krama, Astavidha maithuna, Nindita yoni lakshana, Parada Bhasma sevana samaya, vidhi, pathya, Apathya, Apathya janita haani, Rasajeernashanti Upaya, Padmaragadi ratnotpatti, description of Vajra, Swarna, Kantaloha, Loha, Abraka.

**✓ Saptamollasa**

Padmaragadi ratnotpatti, Vajra lakshana bheda, Vajra rasayana, Bhasma guna vajra druthi, Swarna Bhasma, druti, hemarasayana, Kantaloha Bhasma, satvapatana, shodhana, Lohabhasma amruthikarana, Kantadruti, Abraka Utpatti, bheda, Dhanyabraka satvapatana, Druti, Bhasma guna.

**✓ Astamollasa**

Rasayana sevana general description, Rasayana sevana krama.

**✓ Navamollasa**

Rasayanarha rasasamskara totally 5 methods, Rasayanarha Rasabhasma samskara. Different Rasayana yogas.

**✓ Dashamollasa**

Gutikasiddhi, Different types of vatis are explained. Kramana Dravya, Gutika sidhyartha mantra prayoga.

**✓ Ekadashamollasa**

Divyadehasiddhi, Bhutakalantaka rasa.

**✓ Dvodashamollasa**

Different types of siddhis, Khecharigutika nirmana vidhi, Shishukarana vidhi for vruddha, Different Pashanas through which different types of siddhi can be obtained.

✓ **Trayodashamollasa**

Gandhaka, Shodhana, Gandhakarasyana.

✓ **Chaturdashamollasa**

Vishotpatti, Visharasyana, Vishasevana samaya, Pathya, Apathya, Vishopadrava, Chikitsa.

✓ **Panchadashamollasa**

Divyoushadharasyana, Different Kalpas like Brahmakalpa, Mundikalpa, Devadalikalpa, Nirgundi kalpa etc.

✓ **Shodashollasa**

Ankolakalpa, Different rasayana kalpas like Eladinasya, Bhrungaraja rasa kalpa.

✓ **Saptadashamollasa**

Panarasayanam.

✓ **Astadashamollasa**

Sadachara Rasayana, Rathrishayana, Shouchavidhi, Hamsatulika, Karpasatulika, Pallavatulika, Pushpatulika.

✓ **Ekonavimshollasa**

Rutucharya, Different Rutuswarupa, Pachakagni Swarupa.

✓ **Vimshollasa**

Yoga rasayana, Jeevanmukti, Asanavidhi, Pranayama, Dharana, Dhyana, Samadi.

✓ **Ekavimshati ullasa**

Kuti vidhi which gives yogasiddhi, Amarikalpa.

✓ **Trayovimshollasa**

Parada paryaya, shodhana for different dosha harana like naga dodha, vanga dosha etc. different methods of parada bhasmikanana, Rasabhasma lakshana, Parada pisti, isti jarana, pisti marana, Different types of bandha, Rasamurcha vidhi, Different Kalka, vedhakramma, Khechari gutika are explained. Rasamurchana, Different kalkas and rasayanas.

✓ **Chaturdashamollasa**

Maharasa, Uparasa, loha in vedopayogi bandhana.

✓ **Panchavimshollasa**

Paribhasha prakarana.

✓ **Shadvimshollasa**

Yantra Prakarana, Totally 44 yantras and 24 Musha, Kosti and 10 putas are explained.

## **II. KRIYAKARANA VISHRANTHI**

✓ **Prathamollasa**

Gandhakaadi uparasa, Loha ratna. Description of uparatnas, navaratna, Uparatna etc.

✓ **Dvitiyollasa**

Description, Types, Identification, Shodhana, Marana and Bhasma guna of Swarna.

✓ **Trutiyollasa**

Description, Types, Identification, Shodhana, Marana and Bhasma guna of Rajata.

✓ **Chaturtollasa**

Description, Types, Identification, Shodhana, Marana and Bhasma guna of Tamra.

✓ **Panchamollasa**

Description, Types, Identification, Shodhana, Marana and Bhasma guna of Loha.

✓ **Shastamollasa**

Description, Types, Identification, Shodhana, Marana and Bhasma guna of naga and vanga.

✓ **Saptamollasa**

Description, Types, Identification, Shodhana, Marana and Bhasma guna of Pittala, Kamsya, vartaloha, Abrakasatva. Amrutikarana vidhi, Description of mandura. Parada and different dhatus to be taken for marana.

✓ **Astamollasa**

Description of Ratna and Uparatna, Shodhana Marana.

✓ **Navamollasa**

Description of various Divyoushadha like somavalli, Somavruksha, Eshvari, thalapadmini, Padmavalli etc. Totally 64 Divyoushadha are described in this chapter.

**✓ Dashamollasa**

Description of Mahoushadha like Himaja, Karavi, Katutumbi, Devadali, Guduchi, Murva, kakamachi, gokshura etc.

**DISCUSSION**

Anandakanda being the text of rasashastra, it mainly concentrates on Jeevanmukti hence has mostly concentrated on Rasayana concept. Unlike other rasa texts it also throws light on yoga Dinacharya and Rutucharya. Various siddhis are being explained dedicating separate chapters for them and various beejamantras for siddhis as well as pratyaksha darshana of daiva is explained which gives clues of deviation towards tantra. It consists of rare concepts like usage pashanas in attaining various siddhis, Shishukarana vidhi for vrudha etc. It also explains some of the imaginary concepts like kadalivana siddhi, Nandanavana darshana etc. In amruthikarana Vishranti he explains mainly about rasayana, various siddhis, Yoga, pranayama which help in making body stable for jeevanmukti and in Kriyakarana Vishranti we find shodhana maranadi procedures for various rasadravyas. Anandakanda considers all maharasa, uparasa, Sadharana rasa, Sudha varga, Sikata varga as Uparasa as they are used in parada karma. Under the concept of Anu taila Nasya, he explains unique method of administration where he says to do mardana of Anu taila with ushna jala and then administer, This mardana might help in emulsification of taila and thereby helping in faster absorption.

The Parada Nishkasana krama explained in Anandakanda is very unique but feels to be inappropriate to the present era. The book concentrated more on dehavaada than lohavaada. There is systematic arrangement of all the concepts like samskaras, maharasa, uparasa, sadhara rasa etc. For the purpose of Kshetrikarana, Panchakarma, Rasadoshakara Dravya Tyaga and Arotaka rasa are explained. Different kalpas like Bramhavruksha kalpa, Mundi kalpa etc have been described with astonishing phalashruthi.

**CONCLUSION**

The text Anandakanda is a very unique book with unique concepts of tantra as well as dehavaada and lohavaada. Totally it's a complete book for the rasavaidya which exceptionally helps in practice.

**REFERENCES**

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