

**AGNITUNDI RASA: A COMPREHENSIVE REVIEW OF ITS
HISTORICAL AND CONTEMPORARY APPLICATIONS****Dr. Shubham Ghugare*¹, Dr. Saroj Parhate², Dr. K. S. Karbhal³**

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ABSTRACT

Agnitundi Rasa is one of the renowned traditional Ayurvedic formulation indicated in the treatment of *krimi-roga*, *Udararoga* and *Adhmana*. It is classified as *Kharaliya Rasayana* and Herbo-mineral formulation (*Rasaushadhi*). This unique combination comprises various *dravyas* including minerals like *Parada* and *Gandhaka*, *Visha dravyas* like *kuchala*, Herbal drugs like *ajmoda*, *vidanga* and *palasha*. Upon examining the formulation, it becomes evident that this formulation mainly contains drugs which have antimicrobial properties like *kajjali*, *vidanga*, *palasha*. In addition, with *Aampachaka* and *Agnidipaka* ingredients like *Ajmoda*. all these drugs along with *Kuchla* and honey altogether enhances the properties of formulation hence this formulation mainly used in *Udararoga*. This article compiles the Introduction, Aim and objective of study, views according to various textbooks, dose, duration, *anupana*, drug review, *doshaghanta* of ingredient's,

kamuktva of ingredients, various ailments in which indicated, Discussion and Conclusion.

KEYWORDS: *Agnitundi rasa*, *Visha dravya*, *Udararoga*, *Krimi-roga*, *Adhmana*.

INTRODUCTION

Rasaushadhi, a term synonymous with Herbo-mineral preparations, stands out as a cornerstone in traditional therapeutic practices, renowned for its efficacy in treating diseases with remarkably small dosages.^[1] The superiority of *Rasaushadhi* lies in its multifaceted benefits, including enhanced therapeutic applicability, rapid assimilation, excellent therapeutic values, prolonged shelf life and ensuring easy preservation.^[2]

Among the myriad formulations within this category, *Agnitundi rasa* emerges as a significant Herbo-mineral formulation, distinguished by its diverse composition of drugs derived from both mineral and plant origins, it is a *rasakalpa* which categorized under *kharaliya rasayana*. *Kharaliya rasayana* are the formulations which are prepared by the process meticulous trituration of drug with specific *bhavna dravya* as outlined in the classical text. The act of triturating the drug with any liquid like *swarasa*, *kwatha* etc, is pivotal, as it not only reduces the drug particle size but also facilitates the breakdown and reformation of bonds, thereby enhancing the homogeneity of the mixture and rendering it more compatible with the human body. Furthermore, this process augments the potency of formulation underscoring its therapeutic potency.^[3]

A review of classical textbooks reveals a plethora of formulations bearing the name of *Agnitundi rasa* with largely similar composition and indications, albeit with some variations. Only *Rasa Ratna sammuchaya* mentioned *Agnitundi rasa* having different composition and therapeutic Indications. This diversity underscores the need for critical review of the formulation., with particular focus on properties of its ingredients, which contributed to its antimicrobial properties. Such analysis suggests that *agnitundi rasa* may be effective across a broad spectrum of indications attributed to it.

According to *Rasa Ratna Samuchchaya*, the primary indication of *Agnitundi Rasa* is *Krimiroga* (worm infestation). As well as *Udara roga* (abdominal diseases), and *Adhmana* i.e, bloating. whereas other textbooks suggest its primary use in *Agnimandya* (indigestion). It is noteworthy that the ingredients constituting *Agnitundi rasa* are also credited with the antimicrobial properties, further broadening its therapeutic potential.

This introduction sets the stage for deeper exploration into the therapeutic potential of *Agnitundi rasa*, a formulation steeped in a traditional practice yet ripe for contemporary scrutiny and application Through a detailed examination of its composition, preparation, and

historical background this article aims to elucidate the multifaceted benefits of *Agnitundi Rasa*, thereby contributing to a nuanced understanding of its role in modern therapeutic landscapes.

AIM

To gather and review existing literature on *Agnitundi Rasa*, exploring its formulation, indications, and pharmacological properties.

OBJECTIVES

1. To identify and describe the ingredients of *Agnitundi Rasa* as mentioned in R.R.S.
2. To analyze the properties and therapeutic potential of its ingredients.
3. To evaluate and discuss the efficacy of *Agnitundi Rasa* in various conditions.

Table No. 1: Showing References of Agnitundi Rasa from Different Classical Textbooks.

Sr. No.	Granthadhar	Name	Adhyaya	Rogadhikara
1.	Rasaratnasamucchaya. ^[4]	Agnitundi rasa	Krimi Rogadhikara	Krimiroga, Udararoga
2.	Bhaishyajya Ratnawali. ^[5]	Agnitundi rasa	Agnimandya Rogadhikara	Agnimandya
3.	Rasatarangini. ^[6]	Agnitundi rasa	Vishaupavishadi Vigyaniya	Agnimandya, Arsha, Atisara Katiparushvedana
4.	Rasendrasara Sangraha. ^[7]	Agnitundi rasa	Ajirnachikitsa Adhyaya	Agnimandya
5.	Rasachandanshu ^[8]	Agnitundi rasa	Agnimandya ajirna chikitsa	Agnimandya
6.	Rasayogsagara. ^[9]	Agnitundi rasa	-	Mandagni

AGNITUNDI RASA

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 (र .र .स .20/215-217).^[10]

Table No. 2: Components of Agnitundi Rasa.

Sr. no.	Name of drug	English/Botanical name	Part Used	Quantity
1.	Shuddha Parada. ^[11]	Purified mercury	-	1 Part
2.	Shuddha Gandhaka. ^[12]	Purified sulphur	-	2 Part

3.	Ajmoda. ^[13]	Apium graveousens (Linn)	Fruit	3 Part
4.	Vidanga ^[14]	Embelia Ribes Burn f.	Fruit	4 Part
5.	Palasha	Beutea monosperma (Lam)	Seed	5 Part
6.	Shuddha Kuchala. ^[15]	Strychnus Nux-vomika	Seed	6 Part
7.	Madhu	Honey	-	As required

Table no. 3: showing properties of Ingridients.

Sr. No.	Ingridients	Rasa	Virya	Vipaka	Guna	Doshagnata
1.	Shuddha Parada	Shadarsa	-	-	Sara, guru, snigdha,	Tridosha shamaka
2.	Shuddha gandhaka	Katu	Ushna	Katu	Sara, Snigdha	-
3.	Kajjal. ^[16]	-	-	-	Sarva-amayhara, Vrushya,	Tridosha shamaka
4.	Ajmoda	Katu, Tikta	Ushna	Katu	Laghu, Ruksha, Tikshna	Kaphavata shamaka
5.	Vidanga	Katu, Tikta, Kashaya	Ushna	Katu	Laghu, Ruksha, Tiksna	Kaphavata shamaka
6.	Palasha	Katu	Ushna	Katu	Sara, laghu, Ruksha	Kaphavata shamaka
7.	Shuddha Kuchala	Tikta, Katu	Ushna	Katu	Laghu, Ussha, Vyavayi, Vikashi	Vatakapha shamaka
8.	Honey	Madhura, kashay	Ushna	Madhura	Khara, Lekhana, ruksha	Kaphapitta Shamaka

Table no 4: Showing kamuktva of ingridients.

Sr. No.	Ingridients	Properties
1.	Kajjali	Jantughna, krimighna, Rasayana, Yogvahi.
2.	Shuddha kuchala	Shothahara, Vednashamak, Vatvahini balyakar.
3.	Ajmoda	Dipana, pachana, Vatanulomaka, Vibandhanasaka, Agnivardhaka
4.	Vidanga	Krimighna, Kushthagha, Vatashamaka, Vibandhnasaka.
5.	Palasha	Krimighna, Kushtagha, Rasayana, Grahi.
6.	Honey	Lekhana, Khara, Medohara.

Therapeutic Indication

- Worm infestation (*krimiroga*).
- Abdominal blotting (*Udara Adhmana*).
- Abdomial diseases (*Sarvodaragada*)

Anupana

- *Musta kwatha and Madhu*

Dosage

- **Dose-** 250 mg
- **Duration-** 21days

Doshagnata

- *kaphavataghna*

Mode of action or therapeutic effect

Agnitundi rasa is a potent ayurvedic formulation that exerts its therapeutic effect primarily through the synergistic action of its key ingredients -*parada gandhaka ajmoda vidanga palasha*. which imparts their unique therapeutic properties. Its therapeutic properties can be categorized into several key actions: antimicrobial support, bioavailability enhancement, digestive normalization and systemic rejuvenation.

- 1. krimighna action (*vidanga & palasha*)-** The cornerstone of *agnitundi rasa* lies in its ability to combat microbial infections. The formulation contains various natural ingredients that exerts powerful antimicrobial properties and also aids in *vatanulomana*, facilitating smooth bowel movements and reduces abdominal discomfort. This dual action significantly enhances the overall health and stability of the body's microflora.
- 2. Catalytic and Absorption enhancer (*kajjali*)-** Acts as a *yogvahi* or carrier, enhancing bioavailability of other ingredients. Its presence ensures optimal absorption and efficacy of the formulation in the body, maximizing the therapeutic effects of all components. This increased bioavailability ultimately supports bodily systems, including metabolic health and immune function, leading to enhanced overall efficacy.
- 3. Digestive stimulation and Normalization (*Ajmoda*)-** Functions primarily as a *dipana* (appetizer) and *pachana* (digestive aid), stimulating digestive enzymes and supporting healthy digestion. It also promotes *vatanulomana*, which aids the movements of *vata dosha* helping alleviate conditions like bloating and constipation.
- 4. Antispasmodic properties (*Kuchala*)-** *Nux-vomika* is largely used in disorders of the gastrointestinal system. The relaxation of smooth muscle tissues within the digestive tract is another significant action of *agnitundi rasa*. And due to its hyperexcitability action it brings antispasmodic effect to drug. Relieving symptoms such as cramps and discomfort. Its effect on the nervous system also aligns with the ayurvedic principles, *N* promoting a balanced response to stress and enhancing digestive harmony.

DISCUSSION

As shown in Table no.3. All ingredients in *Agnitundi rasa* are predominantly *katu, tikta* and

ushna in nature which sculpts the *Dipana*, *Pachana* and Antimicrobial effect. By defeating *aama*, *agnitundi rasa* on quest *agnimandya* subsequently helps in relives the symptoms of *Adhmana* i.e, blotting. It also acts on *ajirna*, *visuchika*, *shoola*, *gulma*, *vatavyadhi*, *amvaata* etc. the action of *Agnitundi rasa* is mainly on *aamashaya* and *pakwashaya* these are the regions with high concentration of microbes that tends to proliferates quickly. So, this drug has all the ingredients showing antimicrobial properties along with antispasmodic effect and generates digestive fire. It stimulates good digestion so that production of *Ahara-rasa* increases which gives strength to *hridaya*, *amashaya*, *pakwashaya* etc. and corrects the direction of *vata* and *purisha*.

Adhamana

Agnitundi rasa is highly effective in stimulating *pachaka pitta* due to its key ingredients like *kuchla* and *ajmoda*. By correcting the *gati* of *samana vayu* and stimulating the digestive fire in the *amashaya*. *Agnitundi rasa* removes sluggishness and promotes proper digestion which helps to regulate the movement of waste through the small intestine, alleviating symptoms like bloating, gas, and abdominal pain. *Kupillu* also used in atony and relaxation of stomach and bowel that reduces spasmodic conditions and used successfully in habitual constipation. results in reliving the symptoms of *adhamana*.

Krimiropa

This formulation demonstrates significant efficacy in managing *kaphapradhana* and *kaphavatapradhana krimiroga* due to its *ushna virya* and *katu rasa*. The presence of alkaloid embelin in *vidanga* provides potent antimicrobial properties. Furthermore, flavonoids in the formulation exhibit notable antioxidant effect. The astringent properties of tannin and essential oil play crucial role in inhibiting the growth of pathogens. The phenolic compound in *palasha* also brings antioxidants and anti-inflammatory effect to the formulation.

Udararoga and Agnimandya

In the pathogenesis of the any disease *mandagni* is the main culprit. *Agnimandya* is the underlying reason for the most of the *udara roga* like *Jalodara*, *Atisara*, *Arsha*, *Gulma*. Also, abdominal diseases like pancreatitis, gastritis, IBS caused by combination of bacterial infection and *Agnimandya*. The root meaning of *agnitundi rasa* formulation indicates that main action on *Agni*. *Ajmoda* presents in it brings up the *dipana guna* and promotes *vatanulomana*. *nux vomica* is said to be useful gastric abnormalities.

CONCLUSION

Agnitundi rasa is mainly useful in kapha and *vatapradhana* diseases table no.3. on the basis of above information, we can conclude that *Agnitundi rasa* mentioned in *Rasa ratna samucchya* is an excellent drug of choice for *krimi-roga* due to its key *krimi-ghna dravyas* like *vidanga* and *palasha*. Due to its magnificent composition, drugs like *kuchala* having *vyavayi* and *vikashi guna* and *kajjali* being *yogvahi* and *sarvorogahara* it enhances the potency of drug and fastens the mode of action. *Jambir nimbu*, which is used during the process of *hingula shodhana* as a *bhavna dravya* itself is an excellent appetizer by virtue of its *tikshna*, *ushna guna* and *amla rasa* and *amla vipaka* promotes and enhances the *dipana* and *pachana*.

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