

A REVIEW ON VARIOUS *HEMAGARBH POTTALI RASA* IN AYURVEDIC CLASSICS

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ABSTRACT

Introduction: *Rasaushadhi* are integral part of Ayurveda, and describes the use of metals and minerals for chronic disorders in various combinations, dosage forms. In *Rasashastra* four types of *Rasakalpa* are described i.e. *Khalviya kalpana*, *Parpati kalpana*, *Kupipakwa rasayana* and *Pottali kalpana*. *Pottali Kalpana* is a consolidated form of mercurial preparation, which incorporates the *Pota Bandha* of *Parada*. Thus, reviewing *Hemagarbha Pottali Rasa* is the main objective of this article. **Material and Methods:** Available literature related to *Hemagarbha Pottali Rasa* were searched from available printed form of *Classics*, and various text books, journals, web-based search engines source were referred for updated research data. **Results:** In Ayurvedic classics, various types of *Hemgarbha pottali Rasa* were mentioned and their method of preparation, contents, physical properties of different *Pottalis* are different. Therefore, *Hemagarbh pottali Rasa* is the most common *Pottali* described in

almost all classics, almost 36 references are available from various classical texts of *Rasashastra* in the name of *Hemagarbh Pottali Rasa*,. **Conclusion:** The specific technique were developed for potentiating the constituents and forming a complex with high therapeutic efficacy.

KEYWORDS: *Hemagarbha Pottali Rasa*, *Pottali Rasayana*, *Rasamritam*.

INTRODUCTION

Hemagarbha Pottali is metalo-mineral compound formulation first introduced by Yogaratnakar in 18th century AD.^[1], indicated for *Shwasa, Kasa, Kshaya, Vatavyadhi, Sannipataja Jwara & Sannipatajaavashtha, Rasayana*. Its therapeutic dose mentioned as 125mg/day.^[2] *Hemagarbha Pottali Rasa* is a milestone in history of *Ayurvedic* formulation emergency & critical care.^[3]

Hemagarbha Pottali Rasa is popular for its action in emergency conditions. But on finding a lot of references, even a single reference was not found which suggest its utility in emergency condition, although the reference of “*Rasamritam*” suggest its action in *Sannipataja* condition, it may be correlated with emergency conditions. This reference also suggest one more important point “*Anupanusaren Sarvrogeshu Yojyet*” i.e. with different different vehicles (*Anupana*) *Hemgarbha Pottali Rasa* were used in different diseases i.e., one medicine can treat many diseases by changing the vehicle according to the diseases. So the reference of *Rasamritam Rasayana Chikitsa Adhikara* 218-222^[4] as review was undertaken for the study.

AIMS AND OBJECTIVES

To review on various *Hemagarbh Pottali Rasa* in *Ayurvedic* classics.

MATERIALS AND METHODS

Information and data related to *Hemagarbh Pottali Rasa* searched from available printed form literature, from various textbooks, journals, web-based search engines source and presented in systemic manner.

RESULT

Derivation of *Hema Garbha Pottali*

Hema Nirukti: ‘*Hinoti Vardhate Sphutati Vet. Hi+ manin*’= *Swarnam* (Gold).

Garbha- *Garbhyate Jeeva Sanjeeva Karma Phaladaatta.*

That has everything essential and life giving.

Pottali: *Pottali- Potena Sansleshena Leeyate Iti. Puttalika- Vastrabaddha Dravyam.*

Pottali can mean to be concise, compact, minimize, make into a bundle or pocket of substances, or put different substances into a bundle or pocket; in the case of *Pottali Kalpana*, this means something similar.

Nomenclature of *Hemagarbh Pottali Rasa*

“*Hemagarbh*” means which contains *Hem* i.e *Swarna* it may be reason of calling *Hemagarbha Pottali Rasa* because it contains *Swarna*, but in all *Hemagarbha Pottali Rasa* *Swarna* is not added. Therefore, what could be other cause for calling it *Hemagarbha Pottali Rasa*. In “*Amarkosh*” A well-known Hindi dictionary Word “*Hemagabh*” means *Tamra* i.e. The *Pottali* which contains *Tamra Bhasma* as a main constituent is known as *Hemagarbh Pottali*. But in all *Hemagarbh Pottali Tamra Bhasma* is not ingredient as in *Sharangdhar Samhita Madhyam* Khand 12/97, and the *Hemagarbh Pottali* described in *Yog Ratnakar Kasa Chikitsa Adikar* 4th version does not contain *Tamra*. Therefore, there could be some other reasons for the nomenclature as *Hemagarbh Pottali Rasa*.

- 1) *Hem* could be a first element
- 2) *Hem* could be more in amount in comparison to other constituents
- 3) *Hem* could be more active /working constituent

First two reasons are not so applicable, so 3rd one is more suitable for making the nomenclature of *Hemagarbh Pottali*.

Various types of *Hemgarbha pottali Rasa*, were mentioned in Ayurvedic classics, and the method of preparation, contents, and the physical properties of different *Pottalis* are different. So as *Hemagarbh pottali Rasa* is the most common *Pottali* described in almost all classics, because of its efficacy it is the most popular *Pottali*, manufactured and used among all *Pottali* preparations. In the name of *Hemagarbh Pottali Rasa*, almost 36 references are available from various classical texts of *Rasashastra* in Table 1.

Table 1: Various *Hemagarbh Pottali Rasa* in Ayurvedic Classics.

Sr. no	<i>Pottali</i> name	Indication	Dose	Anupana	References
1	<i>Hiranyagarbha/ Balagnikumar</i>	<i>Dantatisatisara, Grahani, Jwar, Agnimanda, Praveha, Kamala, Pandu, Halimak, Vatrog, Rasayana</i>	1 Gunja	<i>Madhu Ghrita, Nagveli patra Swarasa</i>	Rasa chikitsa
2	<i>Hemagarbha</i>	<i>Sannipataj Jwara, Kasa Shwasa, Kshaya, Vata, Kapha, Grahani.</i>	<i>Grusta</i>	<i>Aardrak Swarasa, Parnakhande Swaras</i>	Rasamruta ^[5]
3	<i>Hiranyagarbha</i>	<i>Kasa, Shwasa, Kshaya Vata Kapha Grahani Atisar Agnimandha Bala,</i>	2- 3 Gunja	<i>Anupanvibheden</i>	Yogaratsnakar ^[6] , Rasayana sangraha,

		<i>Vrudha</i>			Nighantu Ratnakar, Vaidya Vilasa, Kasa, Kshaya
4	<i>Hemagarbha</i>	<i>Kasa, Shwasa, Kshaya Vata Kapha Grahani Sarvrog</i>	<i>1/8 to 1 Ratti</i>	<i>Aardrak Swarasa, Madhu</i>	Rasa chandhanshu.
5	<i>Hiranyagarbh (Swarnagarbha)</i>	<i>Grahani, Kshaya Vata Kapha Atisar, Kasa Shwasa, Agnimandha Bala, Vrudha</i>	<i>2- 3 Gunja</i>	<i>Anupanvibheden</i>	Rasayanasaara ^[7] , <i>Grahanyadhikar</i>
6	<i>Hiranyagarbh (Hemagarbha)</i>	<i>Netraroga</i>	-	-	Rasayanasaara ^[7]
7	<i>Hiranyagarbh (MahaHemagarbha)</i>	<i>Sarvvyadhinivarna, Rograjadika</i>	-	-	Yogaratanakar ^[6] , Nighantu Ratnakar, Rasachandhanshu, Rasayana sangraha, Vaidhyak Chintamani, Kshaye Kase,
8	<i>Hiranyagarbha</i>	<i>Raktakshobha, Jirnajwar, Ojakshaya, Rajyakshama</i>	<i>½ – 1 Ratti</i>	<i>Krushna Ajadugdh Adrak Swarasa,</i>	Rasayogsagar ^[8] part 2
9	<i>Hiranyagarbha</i>	<i>Netraroga, Daha, Sarwavsula Abhishanda Netra Rog</i>	<i>3 Masha to 3Ratti</i>	<i>Dughdha</i>	Rasayansaara ^[7]
10	<i>Hemagarbha</i>	<i>Kasa shwasa, Kshaya Vata Kapha Grahani Atisar</i>	<i>4 Ratti</i>	<i>29 Marich Churna+ Gogritha</i>	Yog Ratnakar, Sharangadhar Samhita ^[9]
11	<i>Hemagarbha</i>	<i>Kasa shwasa, Kshaya Vata Kapha Grahani Aruchi Kampvata</i>	<i>½ to 1 Ratti</i>	<i>Madhu</i>	Sharangadhar Samhita ^[9]
12	<i>Hiranyagarbha</i>	<i>Kasa Shwasa, Vata Rog, Shithilata, Amavata, Unmad</i>	<i>1 Ratti</i>	<i>Shrungwerrasa, Anupana Vibhedene Sarvarogniharan</i>	Rasayogsagar, Rasayan sara sangharaha
13	<i>Hemagarbha</i>	<i>Kasa, Shwasa Sarvroghar</i>	<i>1 Ratti</i>	<i>Anupanvibheden</i>	Yogratnakar, Bharat Bhaishjya Ratnakar ^[10]
14	<i>Hemagarbha</i>	<i>Rajyakshama</i>	<i>4 Gunja</i>	<i>Madhu</i>	Rasa sara sangharaha Rasaratnasammuch aya ^[11]
15	<i>Hemagarbha</i>	<i>Kasa shwasa, Kshaya Vata Kapha Jwar Sarvrog Dantband, Shul, Gulma</i>	<i>½ to 1 Ratti</i>	<i>Shrungwerrasa, Madhu</i>	Rasayogsagar, Rasayana Sangraha ^[7]
16	<i>Hemagarbha</i>	<i>Kasa shwasa, Sarvrog</i>	<i>1 Ratti</i>	<i>Anupanvibheden</i>	Yogratnakar ^[6] Rasayogsagar ^[8] part 2

		<i>Kshayadi samasta vyadhi</i>	1 Ratti	<i>Ragonusar Anupana</i>	Sidhabhaishjya manimala, Rasayogsagar ^[8]
17	<i>Hemagarbha</i>	<i>Kasa, Shwasa, Kshaya Vata Kapha Grahani Sarvrog</i>	1/8 to 1 Ratti	<i>Aardrak Swarasa, Madhu</i>	Aushadhi gundharmashastra ^[12]
18	<i>Hiranyagarbh (Hemagarbha)</i>	<i>Sannipattaj jwar, Kasa shwasa, Kshaya Vata Kapha Grahani Sarvrog</i>	½ to 1 Ratti	<i>Aardrak Swarasa, madhu</i>	Vaidha Chikitsasara
19	<i>Hemagarbha</i>	<i>Shwasa, Kasa Sarv shul, Samasta Roga.</i>	1 to 2 Ratti	<i>Ragonusar anupana</i>	Nighantu ratnakar.
20	<i>Hiranyagarbha</i>	<i>Darun, Ekadoshaj, Dwidoshaj, Tridoshaj Samastaroga</i>	1 to 2 Ratti	<i>Aardrak Swarasa, madhu, Ragonusar anupana</i>	Rasayana sangraha, Yogaratnakar ^[6] , (rasayanadhikar)
21	<i>Hiranyagarbha</i>	<i>Darun, Ekadoshaj, Dwidoshaj, Ttridoshaj Samastaroga</i>	1 to 2 Ratti	<i>Aardrak Swarasa, Madhu, Ragonusar Anupana</i>	Rasayana sangraha, Yogaratnakar ^[6] , (rasayanadhikar)
22	<i>Hiranyagarbha</i>	<i>Dwidoshaj, Ttridoshaj Jwar,</i>	2 Ratti	<i>Ragonusar Anupana</i>	Rasayana sangraha, Yogaratnakar ^[6] , jwaradhikara), vaidha chikitsa,
23	<i>Hemagarbha</i>	<i>Kasa Shwasa, Kshaya Vata Kapha roga, Sangrahani Sarvrog</i>	1 Ratti	<i>Ragonusar Anupana</i>	Rasakamdheni (rajyasmani)
24	<i>Hemagarbha (Aparva)</i>	<i>Sarvarog, Ekadoshaj, Dvidoshaj, Tridoshajroga, Pakshagat Dhanurvat, Khanja, Dantabandhan, Vata Kaphaja roga.</i>	1 Gunja	<i>Aardrak Swarasa, madhu</i>	Rasayogsagar ^[8] , rasayansara
25	<i>Kanaka Pottali Rasa1</i>	-	-	-	Rasa chintamani ^[13]
26	<i>Kanaka Pottali Rasa2 (Kanchana Pottali Rasa)</i>	Rajyakshma	-	-	Rasadipika
27	<i>Hiranyagarbha (Pithemgarbha) Pottali</i>	<i>Sarvarogniharan Vajikaran</i>	1 Ratti	<i>Anupan Vibhedan</i>	Rasayogsagar ^[8] , Rasayana Sangraha
28	<i>Hiranyagarbha (swetahemagarbha)</i>	<i>Kasa, Shwasa, Kshaya Vata Kapha, Jwara Sarvrog Dantbanda, Shula, Gulma</i>	½ to 1 Ratti	<i>Shrungwerrasa, Madhu</i>	Rasayana Sangraha
29	<i>Hiranyagarbha</i>	<i>Rajyakshma</i>	4 Gunja	<i>Mrugankavacha</i>	Rasendra sara sangraha ^[14] , yakshachikitsa
30	<i>Sadharana Hemagarbha Pottali</i>				Rasayana Sangraha
31	<i>Hemagarbha Pottali 5</i>	-	-	-	Aushadha Kriya

					pg no 89
32	<i>Hemagarbha Pottali</i> ⁶	<i>Sarvarogeshu</i>	-	<i>Anupananusar</i>	Aushadha Kriya pg no90
33	<i>Hemagarbha Pottali</i> ⁷	<i>Garbhini</i>	-	-	Aushadha Kriya pg no91
34	<i>Hemagarbha Pottali</i> 8	<i>Bahuroganivarayet</i>		<i>Anupanabhedhena</i>	Aushadha Kriya pg no92
35	<i>Hemagarbha Pottali</i> 9	-	-	-	Aushadha Kriya pg no92-93
36	<i>Hemagarbha Pottali</i> 10	<i>Ekadoshaja, Dwidoshaja, Tridoshaja</i>	-	<i>Adraka Swarasa, Madhu.</i>	Aushadha Kriya pg no.93

DISCUSSION

Hemagarbha Pottali Rasa is a *Sagandha*, *Sagni*, *Gandhaka Jarita*, *Potta Bandha Pottali Kalpana* containing *Parada*, *Gandhaka*, *Swarna Bhasma*, *Tamra Bhasma* processed with *Mridvagni*. It is explained by Acharya Yadavji Trikamji in *Rasamritham*^[15] it can be used in *Kasa*, *Shwasa*, *Kshaya*, *Vatakapha*, *Grahani*, *Sarvaroga* with *Parnakhanda Swarasa* or *Madhu* as *Anupana*. *Parada* having properties of *Yogavahi*, *Rasayana*, *Vrishya*, *Balya*, *Vayastambhana*, *Pustikarak*, *Deepana*, *Agnivardhaka*, *Deha* and *Loha Siddhikara*, *Ropana*, *Krimighna* and *Tridoshagna Vyadhi Prabhava* - *Vata roga*, *Vali*, *Palithya*, *Jara roga*, *Sarva Akshi roga*, *Krimi*, *Kusta*, *Sarva roga*. Sushruta Samhita has mentioned the properties of *Swarna* as *Tridosahara*, *Visapaham*, *Brumhaniya* etc. and specially indicated in children as *Swarna Prashana*.^[16] *Hemagarbha Pottali* has antimicrobial activity against all types of microbes/bacterial strain.^[17]

CONCLUSION

Sagni Sagandha Murchhana of *Parada*, along with other *Dhatus*, is *Hemagarbha Pottali Rasa*. *Parada* considered a *Yogavahi*. This drug is more effective at a lower dose because of *Agnisanskara*, prolonged heat of pattern, and media use for its *Paka*. Owing to the *Yogavahi* qualities of *Parada* and its ability to mixed with other drugs to intensify their effects, the drug is easy to take, even when taken by the tongue, and has a longer shelf life. More pharmaceutical companies ought to support the large-scale production of *Pottali Rasayana* as well as the meticulous documentation of quality control and standards.

COMPETING INTEREST

No competing interest exist.

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