

PHARMACEUTICO-ANALYTICAL STUDY OF AGNIKUMARA RASA (DWADASH) AND ITS THERAPEUTIC ROLE IN SHOTHA - A REVIEW ARTICLE

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Article Received on 12 August 2026,
Article Revised on 02 Sept. 2026,
Article Published on 16 Sept. 2026,

<https://doi.org/10.5281/zenodo.22767182>

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How to cite this Article: Dr. Swati Gupta^{1*}, Dr. Anmol Sahu², Dr. Prashant D. Math³ (2026). Pharmaceutico-Analytical Study Of Agnikumara Rasa (Dwadash) And Its Therapeutic Role In Shotha - A Review Article. World Journal of Pharmaceutical Research, 15(18), 152–157. This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

Rasasastra is a specialised branch of *Ayurveda* that deals with *Rasa dravyas* which include *Visha dravyas* used for the preparation of therapeutically potent medicines. Agnikumara rasa of *Bhaishajya Ratnavali Jwara adhikara* reference is one such herbal formulation that contains a major proportion of *Shodhita Vatsanabha* and other ingredients of *Maricha, Vacha, Kushta, Mushta and Ardraka*. It is a *Kharaliya yoga* (a formulation prepared in mortar) prepared by *Bhavana samskara* (levigation). *Agnikumara Rasa* is a classical *Kharaliya Rasayana* described in *Bhaishajya Ratnavali, Grahani Roga Adhikara*. widely used in clinical practice for *Agnimandya, Grahani and Shotha*. **Aim:** To review the classical, pharmaceutico-analytical and therapeutic aspects of *Agnikumara Rasa* with special reference to its *Parada* and *Gandhaka free, Shadanga* composition and its role in *Shotha* with *Anupana Bheda*. **Materials and Methods:** Classical

references were compiled from *Bhaishajya Ratnavali, Rasa Tarangini, Sharangadhara Samhita* and relevant commentaries. Analytical information was collected from Ayurvedic Pharmacopoeia of India, PLIM guidelines and published research articles from Ayush Portal, Google Scholar till June 2026. **Results:** *Agnikumara Rasa* is a purely herbal, *Visha*-containing *Kharaliya* preparation. Proper *Shodhana* of *Vatsanabha* and *Bhavana* with

Ardra *Swarasa* are the key pharmaceutical steps that ensure safety and efficacy. Analytical parameters such as Total Ash, Acid-insoluble Ash, extractive values and disintegration time were within standard limits. Its therapeutic action in *Shotha* is attributed to its *Ushna*, *Tikshna*, *Deepana* and *Srotoshodhaka* properties. **Conclusion:** *Parada-Gandhaka* free *Agnikumara Rasa* is a safe, cost-effective and potent formulation for *Shotha*. The role of *Anupana* is crucial in directing its specific action in different types of *Shotha*.

KEYWORDS: *Agnikumara Rasa*, *Dwadash*, *Shotha*, *Anupana Bheda*, *Pharmaceutico-analytical study*, *Bhaishajya Ratnavali*¹.

1. INTRODUCTION

Shotha is considered among the *Ashta Mahagada* by Acharya Charaka. *Shotha* is described as a separate disease as well as a symptom in *Ayurveda*. According to Acharya Charaka, *Shotha* is caused by vitiation of *Vata*, *Pitta*, *Kapha* and *Rakta*, with *Mandagni* as the root cause. [Cha. Chi. 12]. In modern parlance, it can be correlated with edema and inflammation. *Agnikumara Rasa* is a well-known formulation indicated for *Grahani*, *Atisara*, and *Agnimandya*. *Shotha*. The classical reference is *Bhaishajya Ratnavali*, *Grahani Roga Chikitsa* 10/33-37. The name signifies its potency - *Agni* like fire, *Kumara* like ever-youthful. The classical yoga contains 6 drugs, but the *Dwadash* variant with 6 ingredients is more effective for *Shotha* due to additional *Shothahara* and *Deepana dravyas*. *Anupana* is considered as *Yogavahi*, which enhances the drug delivery and action. Acharya Sharangadhara states that *Anupana* determines the target action of the drug. Therefore, evaluation of *Agnikumara Rasa* with *Anupana Bheda* in *Shotha* is experimentally relevant.

The treatment principle of *Shotha* includes *Agnideepana*, *Ama Pachana*, *Shothahara* and *Mutrala Chikitsa*. *Agnikumara Rasa* is one such formulation which fulfills all these criteria.

The classical reference of *Agnikumara Rasa* is *Bhaishajya Ratnavali*, *Jwara Adhikara* 5/1148-1151. Unlike many *Rasa* preparations, this Yoga is *Parada* and *Gandhaka* free. It contains only 6 ingredients, with *Shodhita Vatsanabha* as the chief drug. The name *Agnikumara* signifies its action - *Agni* like fire to digest *Ama* and *Kumara* meaning safe and effective when prepared properly. The present *Dwadash* concept is a clinical modification, but the original classical formulation is *Shadanga*. The present review focuses on the classical *Shadanga*, *Parada-Gandhaka* free form and its relevance in *Shotha*.

2. MATERIALS AND METHODS

2.1 Source of Data: Literature review was done from: Classical texts: Bhaishajya Ratnavali, Rasa Tarangini, Rasa Ratna Samuchchaya, Sharangadhara Samhita Commentaries of Ambikadatta Shastri and Siddhinandan Mishra Modern texts: Ayurvedic Formulary of India, Ayurvedic Pharmacopoeia of India Research databases: PubMed, Google Scholar, Ayush Portal, DHARA, using keywords "Agnikumara Rasa", "Shotha", "Anupana.

2.2 Composition of Agnikumara Rasa (Dwadash).

S.N	DRUG NAME	BOTONICAL NAME	FAMILY NAME	USED PART
1	<i>Maricha</i>	<i>Piper nigrum</i>	Piperaceae	Dried fruits
2	<i>Vacha</i>	<i>Acorus calamus</i>	Acoraceae	Rhizome
3	<i>Kustha</i>	<i>Saussurea lappa</i>	Asteraceae	Roots
4	<i>Nagarmotha</i>	<i>Cyperus rotundus</i>	Cyperaceae	Tubers
5	<i>Su.Vatsanabh</i>	<i>Aconitum ferox</i>	Ranunculaceae	Roots
6	<i>Ardraka</i>	<i>Zinger officinale</i>	Zingberaceae	Rhizome

2.3 Pharmaceutical Study

a) **Shodhana of Vatsanabha:** The most crucial step. *Ashuddha Vatsanabha* is cut into small pieces and kept immersed in *Gomutra* for 3 days. *Gomutra* is changed daily. On 4th day, the outer layer is removed, washed with hot water and dried. This reduces aconitine content and toxic effects.

b) **Shodhana of other drugs:** *Vacha* Shodhana with *Gomutra*, *Kushta* and *Musta* by general cleaning.

c) **Churna Nirmana:** All Shodhita drugs are finely powdered separately and sieved through 80 mesh.

d) **Bhavana and Kharaliya Method:** All Churnas are mixed uniformly in *Kharalva Yantra*. *Bhavana* is given with freshly extracted *Ardraka Swarasa* for 6-8 hours until it becomes a homogenous paste. Three such *Bhavanas* are given.

e) **Vati Nirmana:** Vati of 125 mg is prepared and dried in shade.

2.4 **Analytical Study:** The analytical study was carried out as per PLIM guidelines for herbal formulations.

3. RESULTS

3.1 **Organoleptic Characters:** Vati is dark brownish-black in colour, pungent odour, bitter-pungent taste, and hard in touch.

3.2 Physicochemical Parameters- Compiled Average of 3 Batches

Parameter	Average Value	Standard Limit as per API
Total Ash	7.04%	Not more than 12%
Acid -insoluble ash	1.99%	Not more than 3%
Water -soluble Extractives	18.2%	Not less than 15%
Alcohol-soluble Extractives	11.08%	Not less than 8%
Loss on Drying	5.4%	Not less than 8%
Hardness	3.2 Kg/cm ²	3-5 Kg/cm ²
Friability	0.81%	Less than 1%
Disintegration Time	18-22 min	Less than 30min
pH of 1% solution	6.4	-

All values were within normal limits, indicating good quality and batch-to-batch consistency.

3.3 Phytochemical Screening: Presence of alkaloids, essential oils, flavonoids and tannins was observed, which supports its anti-inflammatory activity.

4. DISCUSSION

4.1 Why *Parada-Gandhaka* Free is Significant

Most of the Rasa formulations contain *Parada* and *Gandhaka* as base. *Agnikumara Rasa* is an exception which is purely herbal except for *Visha Dravya*. This makes it safer, cheaper and acceptable for patients who avoid herbo-mineral preparations. Its action depends entirely on proper *Shodhana* and *Bhavana*. The toxicity of *Vatsanabha* is due to aconitine. *Shodhana* with *Gomutra* converts aconitine into less toxic aconine and enhances its *Deepana* and *Shothahara* property.

4.2 Mode of Action in *Shotha*

Shotha Samprapti: Mandagni -> Ama -> Srotorodha -> Vimargagamana of Doshas -> Shotha.

Agnikumara Rasa breaks this chain.

- ***Agnideepana* and *Ama Pachana*:** Maricha, Ardraka, Musta and Vacha are Ushna, Tikshna and Deepana. They correct Jatharagni and Dhatvagni.
- ***Shothahara Action*:** Kushta is a classical Shothahara drug described in Dashamoola. *Vatsanabha* in Shodhita form has potent anti-inflammatory and analgesic action. Modern studies show Aconitum reduces prostaglandin synthesis.
- ***Srotoshodhana* and *Vatanulomana*:** Vacha and Maricha remove Srotorodha and correct the movement of Vata, which helps to drain accumulated fluid.

4.3 Role of Anupana Bheda in Shotha

Anupana decides the target action of the same drug.

- **With Takra:** Best for *Kaphaja Shotha* and *Shotha* associated with *Grahani* / *Atisara*. *Takra* is *Grahi* and *Deepana*.
- **With Ushnodaka:** For *Vataja* and *Amaja Shotha*. *Ushnodaka* is *Ama Pachaka* and *Srotoshodhaka*.
- **With Madhu:** For *Pittaja Shotha* and chronic *Shotha*. *Madhu* is *Sukshma*, *Lekhana* and *Yogavahi*.
- **With Dashmook Khwath:** *Dashmoola Kwatha* as *Anupana* significantly enhances the therapeutic efficacy of *Agnikumara Rasa* in *Shotha*. *Agnikumara Rasa* is a *Shadanga*, *Parada-Gandhaka* free formulation containing *Shodhita Vatsanabha*, which is *Ushna*, *Tikshna*, *Deepana* and *Shothahara*. *Dashmoola* is described as *Tridosahara*, *Shothahara* and *Shulahara*. When *Agnikumara Rasa* is administered with 30-40 ml *Dashmoola Kwatha*, it exerts synergistic action - it corrects *Mandagni*, digests *Ama*, opens the *Srotas* by its *Srotoshodhaka* and *Mutrala* properties due to *Gokshura*, *Brihati* and *Kantakari*, and reduces inflammation. This combination is especially effective in *Vata-Kaphaja Shotha*, post-febrile *edema* and *Shotha* associated with *Grahani* and *Amavata*, following the principle of *Yogavahitva* of *Anupana*.

5. CONCLUSION

Agnikumara Rasa, though described as *Jwaraghna*, has a strong rational basis for use in *Shotha*. Its *Shadanga*, *Parada-Gandhaka* free composition makes it a unique *Visha*-containing *Kharaliya Yoga*. Pharmaceutical steps, especially *Vatsanabha Shodhana* and *Ardraka Swarasa Bhavana*, are critical for its safety and efficacy. Standardization through modern analytical parameters shows that the formulation is reproducible and of good quality. The concept of *Anupana Bheda* should be clinically evaluated to develop targeted therapy for different types of *Shotha*.

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