

REVIEW ON VATAGAJANKUSHA RASA: A KHARALIYA RASAYANA

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Article Received on
23 May 2024,

Revised on 13 June 2024,
Accepted on 03 July 2024

DOI: 10.20959/wjpr202414-33149



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ABSTRACT

Vatagajankusha Rasa is a Kharaliya Yoga that is widely practiced and recognized as an important formulation in Rasashastra. It is explained in various texts, including Bhaishajya Ratnavali (BR), Rasa yoga Sagara, Rasa Kamadhenu, Rasa Ratna Samucchaya, etc. There are numerous references of Vatagajankusha Rasa with variations in ingredients. Among the different formulations, most are indicated for Vata Vyadhi (Vata disorders). The formulation mentioned in Bhaishajya Ratnavali and Basavarajeeyam is commonly used for treating Vata-related ailments and is also in present day practice. Whereas, Rasa Chandamshu has explained under Apasmara chikitsa. This review work aims to explore the formulation of Vatagajankusha Rasa as compiled in various texts of Rasashastra, shedding light on its variations, therapeutic uses, dose and Anupana.

KEYWORDS: Rasa shastra, Vatagajankusha Rasa, Kharaliya Yoga,

Vata Vyadhi.

INTRODUCTION

Vatagajankusha Rasa is a well-known Kharaliya Rasayana, which involves formulations made by grinding herbo-mineral ingredients using a mortar and pestle. The Bhavana Samskara (Process of levigation) is crucial in these preparations as it reduces the particle size, and imbibes the properties of the liquid media used for levigation, thereby enhancing the therapeutic effectiveness. As a Kharaliya Yoga (Triturate preparation), Vatagajankusha Rasa

holds significant importance in Rasashastra, the ancient Indian science of alchemy and medicine. This formulation is widely practiced and recognized for its therapeutic applications in Vata disorders. Various texts, including Bhaishajya Ratnavali, Rasa Yoga Sagara, Rasa Kamadhenu, and Rasa Ratna Samucchaya, provide explanations and references to Vatagajankusha Rasa, often with variations in ingredients.

There are three references of Vatagajankusha Rasa with different compositions found in Ayurvedic textbooks: Vata Gajankusha Rasa, Bruhat Vata Gajankusha Rasa, and Maha Vata Gajankusha Rasa. These formulations are described in various texts such as Bhaishajya Ratnavali,^[1] Rasa Yoga Sagara,^[2] Basavarajeeyam,^[3] Bharata Bhaishajya Ratnakara,^[4] Rasa Kamadhenu,^[5] Rasa Chandamshu,^[6] Rasa Ratna Samucchaya^[7] and Rasendra Sara Sangraha,^[8] Rasendra Sambhava,^[9] The Ayurvedic Formulary of India^[10] (AFI) also mentioned Vatagajankusha Rasa as described in Bhaishajya Ratnavali.

The reference of Maha Vata Gajankusha Rasa in the previously mentioned texts, which includes additional ingredients compared to Vatagajankusha Rasa. Bruhat Vata Gajankusha contain additional 8 ingredients from Vata Gajankusha rasa. There are 13 herbo-mineral ingredients in equal quantities in Vata Gajankusha Rasa, including Mundi and Nirgundi as Bhavana Dravya (drugs used for trituration). Rasa Yoga Sagara explains three methods of preparation for Vata Gajankusha Rasa. The third method described in Rasa Yoga Sagara differs significantly from other references, as it includes only five ingredients: Parada (mercury), Kuchala (*Strychnos nux-vomica*), Shuddha Gandhaka (purified sulphur), Trikatu (a combination of black pepper, long pepper, and ginger), and Triphala (a combination of Amlaki, Haritaki, and Vibhitaki) in specific ratios.

Swachhanda Bhairava Rasa is another Rasa formulation mentioned in texts like Yogaratnakara,^[11] Rasa Chandamshu,^[6] Rasa Prakasha Sudhakara,^[12] and Rasa Ratna Samucchaya.^[13] It contains ingredients similar to those in Vatagajankusha Rasa and is explained in the context of Vata Roga Chikitsa (treatment of Vata disorders). The key difference between the two formulations is that Swachhanda Bhairava Rasa uses Nirgundi instead of Shringi in all the references except Rasa Prakasha Sudhakara. In Rasa Prakasha Sudhakara, Beejapura Nimbu Swarasa is used for Bhavana (levigation) and is indicated for Agnimandhya. Additionally, the Anupana (vehicle or substance taken along with the medicine) differs between the two formulations.

AIM

- To do the literature study of Vatagajankusha Rasa and its contents.
- To study therapeutic uses of Vatagajankusha Rasa and its mode of action.

OBJECTIVES

- To study about Vatagajankusha Rasa as per different Ayurvedic classics.

MATERIAL AND METHODS

Materials related to Vatagajankusha Rasa are collected from Ayurvedic textbooks. Various indexed and non-indexed journals were also referred to collect the required information.

Vatagajankusha Rasa, as described in classical texts such as, Rasa Yoga Sagara, and Bhaishajya Ratnavali, features different ingredients and dose. In Bhaishajya Ratnavali dose of Vatagajankusha rasa is described as two gunja (250mg), whereas its dose is mentioned as 1 gunja (125mg) in Rasa Yoga Sagara. Variation in ingredients, as well as change in their proportion, is also found in texts like Rasa yoga Sagara and Rasa Ratna Samucchaya. The difference between the ingredients of Vatagajankusha rasa from different references are as follows.

Table No 1: Showing Ingredients, Bhavana Dravya of Vatagajankusha Rasa.

| Sl. no | Ingredients | B. R | RRS | Rasa Yoga Sagara |
|--------|---|------|-----|------------------|
| 1 | Suta Bhasma (Mercury) | + | + | + |
| 2 | Loha Bhasma (Calcined iron) | + | + | |
| 3 | Suddha Gandhaka (Purified sulphur) | + | + | + |
| 4 | Suddha Haratala (Orpiment) | + | + | |
| 5 | Suddha Makshika (Chalcopyrite) | + | + | |
| 6 | Harithaki (<i>Terminalia chebula</i> Retz.) | + | + | |
| 7 | Shringi (<i>Pistacia integerrima</i>) | + | | |
| 8 | Suddha Vatsanabha (<i>Aconitum ferox</i>) | + | + | |
| 9 | Vyosha (<i>Zingiber officinale</i> Roscoe., <i>Piper nigrum</i> Linn. <i>Piper longum</i> Linn.) | + | + | + |
| 10 | Agnimanthah (<i>Premna serratifolia</i> Linn.) | + | + | |
| 11 | Suddha Tankana (Borax) | + | + | |
| 12 | Bringaraja Churna (<i>Eclipta alba</i>) | | + | |
| 13 | Triphala (<i>Terminalia chebula</i> Retz., <i>Terminalia bellerica</i> , <i>Embilica officinalis</i>) | | | + |
| 14 | Suddha Kuchala (<i>Strychnos</i> | | | + |

| | | | | |
|--|--------------------|--|-------------------------------|--------------------|
| | <i>nuxvomica</i>) | | | |
| | Bhavana dravya | Mundi (<i>Sphaeranthus indicus</i> Linn.), Nirgundi (<i>Vitex negundo</i>) Swarasa | Mundi, Nirgundi Swarasa | Vataghna Dravya |

Table No 2: Showing Anupana, Dose and Indications of Vatagajankusha Rasa.

| | BR | RRS | Rasa Yoga Sagara | Rasa Chandams hu |
|------------|---|---|---|--|
| Anupana | Pippalimoola churna, Manjishta Kwatha (decoction of Manjishta) | Madhu (honey) and Ardraka (ginger) | Rasna kwatha (decoction of Rasna), Shunti Kwatha (decoction of Shunti), Guduchi Kwatha (decoction of Guduchi), Erandamoola Kwatha (decoction of Erandamoola), and Devadaru Kwatha (decoction of Devadaru), Guggulu Kalpa. | Pippalimoola churna, Manjishta Kwatha (decoction of Manjishta) |
| Dose | Dwi Gunja (250 mg) | Gunja Matra (125 mg) | Gunja Matra (125 mg) | Dwi Gunja (250 mg) |
| Indication | Gridhrasi (sciatica), Pakshaghata (hemiplegia), Kroshtukasheersha (chronic synovitis of knee joint), Manyasthambha (neck rigidity), Urusthambha (spasticity of thighs), Vata Vyadhi (disease due to Vata dosha) | Vata Vyadhi (disease due to Vata dosha) | Urusthambha (spasticity of thighs), Vata Vikara (disease due to Vata dosha) | Apasmara (Epilepsy) |

METHOD OF PREPARATION

According to bhaishajya ratnavali

After proper Shodhana (Purification) of the Rasa Dravya, place all the purified Rasa Dravya in a Khalva Yantra (Mortar and pestle) and triturate until a homogeneous mixture is obtained. Next, add all the Kashta Oushadhi (herbal ingredients) in the specified ratio to the

homogeneous mixture in the Khalva Yantra. Triturate the combined mixture for one day with Mundi Swarasa (juice of *Sphaeranthus indicus*) and Nirgundi Swarasa (juice of *Vitex negundo*). Once thoroughly mixed, prepare pills of Dwi Gunja Pramana (approximately 250 mg each) from the triturated mixture. Finally, allowed dry in a shade.

Most Ayurvedic texts mention that Vatagajankusha Rasa should be taken with Pippali Churna and Manjishta Kwatha. However, Yoga Ratnakara and Rasa yoga Sagara provide different recommendations, suggesting it be taken with Rasna Kwatha, Shunti Kwatha, Guduchi Kwatha, Erandamoola Kwatha, and Devadaru Kwatha, along with Guggulu Kalpa. Additionally, Rasa Ratna Samucchaya advises taking this formulation with Madhu (honey) and Ardraka Swarasa (ginger juice) as Anupana (vehicle or substance taken along with the medicine).

Table No. 3: Rasa panchaka of vata gajankusha rasa.^[14]

| Dravya | Rasa | Guna | Virya | Vipaka | Karma |
|-----------------|---|--------------------------------------|-----------------------|-----------------|---|
| Suta Bhasma | - | - | - | - | Tridosahara (Pacify vata, pitta, kapha) |
| Loha Bhasma | Tikta (Bitter) Kashaya (Astringent) | Ruksha (dry), Guru (Heavy) | Sheeta (Cold potency) | Madhura (Sweet) | Kaphaghna (Pacify kapha) |
| Swarna Makshika | Madhura (Sweet). | Laghu(light) | Sheeta (cold) | Katu (Pungent) | Tridosha hara |
| Gandhaka | Madhura (Sweet). | Ruksha (dry) | Ushna (hot) | Katu (Pungent) | Kapha Vataghna (Pacify kapha, vata) |
| Tankana | Katu (Pungent) | Ruksha (dry), Tikshna (piercing) | Ushna (hot) | Katu (Pungent) | Kapha hara (Pacify kapha) |
| Haratala | Katu (Pungent) | Snigdha (unctuous) | Ushna (hot) | - | Kapha Vata hara |
| Hareetaki | Pancha Rasa | Laghu (Light), Ruksha (Dry) | Ushna (hot) | Madhura(sweet) | Tridosha hara |
| Karkatashringi | Kashaya (Astringent), Tikta (BITTER) | Laghu (Light), Ruksha (Dry) | Ushna (hot) | Katu (pungent) | Kapha Vata hara |
| Vatsanabha | Madhura (sweet) | Laghu (Light), Tikshna (piercing) | Ushna (Hot) | Madhura (Sweet) | Vata Sleshma hara |
| Shunthi | Katu (pungent) | Snigdha (Unctuous) | Ushna (hot) | Madhura (Sweet) | Kapha Vatahara |
| Maricha | Katu | Laghu | Ushna | Katu (Pungent) | Kapha Vata |

| | | | | | |
|------------|--|---|----------------|----------------|-------------------------|
| | (Pungent) | (Lightness), Teekshna (Piercing) | (hot) | | Shamaka |
| Pippali | Katu (Pungent) | Snigdha (Unctuous) Laghu (Lightness) | Ushna (hot) | Katu (Pungent) | Vata Sleshma hara |
| Agnimantha | Tikta (Bitter), Katu (Pungent), Kashaya (astringent) | Ruksha (Dry), Laghu (Lightness) | Ushna (hot) | Katu (Pungent) | Kapha Vatahara |
| Mundi | Tikta (Bitter), Katu (Pungent) | Laghu (Lightness) Ruksha (Dry) | Ushna (hot) | Katu (Pungent) | Tridosahara |
| Nirgundi | Katu (Pungent), Tikta (Bitter) | Laghu (Lightness) Ruksha (Dry) | Ushna (hot) | Katu (Pungent) | Vata Kaphahara |

DISCUSSION

Vatagajankusha Rasa is a combination of Rasa Oushadhi namely Parada, Loha Bhasma, Swarna Makshika Bhasma, Gandhaka, Haratala, Tankana and Kashtaoushadhi viz, Haritaki, Karkatasringi, Vatsanabha, Shunti, Pippali, Agnimantha with Bhavana in Nirgundi Swarasa and Mundi Swarasa. This combination acts as a Vata-Pradhana Tridosahara, boosting the Jataragni (digestive fire) and serving as a Balya and Rasayana. Bhavana Samskara (the process of Levigation) plays an important role in Khalveeya Rasa preparation, as it reduces the Particle size and thus facilitate high therapeutic efficacy and to ensure proper integration of the ingredients.

The Bhasma in this formulation increases Agni and works as Balya, Rasayana, Vata Pradhana Tridosha Shamaka. Parada Bhasma, being Yogavahi, ensures targeted drug action. The nano-sized Rasa Bhasma particles are easily absorbed into the body along with Rasa Dhatu, providing nourishment. Most of the ingredients in Vata Gajankusha Rasa are Katu, Tikta Rasa, Ushna Veerya and Vata Kapha Shamaka. Vatsanabha has Vikasi, Vyavayi, Yogavahi, Shulahara, and Kaphahara properties. Tankana, included for its antidote effect on Vatsanabha, provides a balancing effect.

Shunti, Maricha, and Pippali work as Deepana (appetizer) and Aamapachana, improving digestion and acting as Shoola Prashamana Dravya. Haritaki, Agnimantha, and Karkatashringi also function as Deepana, Vatanuloman (alleviates Vata), Kaphanisaraka, and

Vata Shamaka. Shodhita Haratala, Pippali, and Shunti act as Vata Shamaka due to their Ushna Veerya and Snigdha Guna, which reduce Sthambha (stiffness). Previous research on Pippali, Manjishta, and Vatsanabha has shown that their analgesic properties, due to the glycosides, alkaloids, and other bioactive compounds present in them, help to reduce pain.

Pippali Churna and Manjishta Kwatha are said to be used as Anupana in Vatagajankusha Rasa in most of the references. Pippali Churna, with its Katu Rasa, Laghu-Snigdha Guna, and Madhura Vipaka, acts as Deepaka, Vata Anulomana, Balya, and Rasayana, improving Jataragni. Manjishta Kashaya helps in pacifying Prakupita Vata due to its Ushna Veerya and Madhura Rasa.

There is a difference of opinion regarding the drug Shringi. Commentators of Bhaishajya Ratnavali mention it as Shringi Visha, while some authors describe it as Karkataakashringi, which refers to *Pistacia chinensis* or *Pistacia integerrima*. In some places, Shringi is compared to a desert vine plant, *Citrullus colocynthis*. Most leading manufacturers use the gall of Karkataka Shringi to assemble this Rasa.

The different references to Vatagajankusha Rasa by various authors highlight the formulation's versatility and adaptability in Ayurvedic medicine. The reference of Maha Vata Gajankusha Rasa includes additional ingredients compared to Vatagajankusha Rasa. Bruhat Vata Gajankusha contains eight additional ingredients beyond those in Vatagajankusha Rasa. All these additional ingredients have Katu and Tikta Rasa, Ushna Veerya, and Vata Shamaka properties, which makes the formulation even more potent and beneficial for Vata Vyadhi.

CONCLUSION

Vatagajankusha Rasa is a Kharaliya Yoga that is widely practiced and recognized as an important formulation in Rasashastra. Detailed knowledge of Vatagajankusha Rasa can be found in several texts such as Bhaishajya Ratnavali (BR), Rasa yoga Sagara, Rasa Kamadhenu, and Rasa Ratna Samucchaya, etc. each with distinct ingredients, Anupana, Matra. Most of these formulations are primarily recommended for addressing Vata Vyadhi, or disorders related to Vata.

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