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REVIEW ON RATNA & RATNA RASAYANA W.S.R. TO RASENDRA CHUDAMANI

Dr. Amol Narwade*[1], Dr. Surekha S. Medikeri[2]

[1]Final Year PG Scholar, Dept. of PG and PhD Studies in Rasashastra and Bhaishajya Kalpana, Govt. Ayurveda Medical College, Bengaluru, Karnataka, India.

[2]Principal and HOD, Dept. of Pg and PhD Studies in Rasashastra and Bhaishajya Kalpana, Govt. Ayurveda Medical College, Bengaluru, Karnataka, India.

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***Corresponding Author**

Dr. Amol Narwade

Final Year PG Scholar, Dept. of PG and PhD Studies in Rasashastra and Bhaishajya Kalpana, Govt. Ayurveda Medical College, Bengaluru, Karnataka, India.

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ABSTRACT

Ratnas hold significant importance in Ayurveda due to their effects of Dharana, therapeutic properties, and Rasayana effects. The present review explains the concept of Ratna Rasayana as described in Rasendra Chudamani. The Rasayana effects of all nine Ratnas (Navaratnas), their methods of preparation, and their therapeutic applications in various Vyadhis are discussed. The relationship between Ratnas and Grahas (planets), Grahya, Agrahya lakshana along with the significance of Ratna Dharana and their therapeutic properties, is also highlighted.

KEYWORDS: Rasendra Chudamani, Ratna, Ratna Rasayana, Grahas, Therapeutic Importance.

INTRODUCTION

Ratnas are beautiful, Ramaniya, precious, and attractive gems that have been valued by people since ancient times.[1] In Rasashastra, Ratnas are used for medicinal and therapeutic purposes. Ratnas are also worn for success in Rasakarma and Rasayanakarma, as well as during Dana (donation) and religious rituals. According to *Rasendra Chudamani*, wearing Ratnas on these occasions is believed to enhance the possibility of success in the respective activities.[2]

Rasendra Chudamani, authored by Acharya Somadeva, is an important and authoritative

classical text of Rasashastra that provides detailed descriptions of pharmaceutical procedures, drug preparation, and therapeutic applications. The text is traditionally dated to the 12th century A.D. and is regarded as one of the significant classical treatises on Rasashastra. Acharya Somadeva described 16 chapters in this text, of which Chapters 12 and 13 are dedicated to Ratnas and Ratna Rasayana, respectively. The author described nine Ratnas (Navaratnas) and their association with the nine Grahas (planets), explaining that wearing the respective Ratna is believed to mitigate the adverse effects of the corresponding Graha. According to Charaka, Rasayana refers to therapies that possess Vrishya properties and provide beneficial effects to the Rasa, Rakta, and other Dhatus (Rasarudhiradi Dhatus).[3] In Rasashastra, Rasayana preparations are broadly classified into four types: 1. Kharaliya Rasayana, 2. Parpati Rasayana, 3. Pottali Rasayana, and 4. Kupipakwa Rasayana. In *Rasendra Chudamani*, the author has specifically described Ratna Rasayana, including their methods of preparation, therapeutic effects, indications, and dosage.

MATERIAL AND METHODS[4]

All the information presented in this review was obtained from the classical text *Rasendra Chudamani*, authored by Acharya Somadeva & available sources.

RESULTS

The author has described **Ratnas and Ratna Rasayana** in detail, including their **methods of preparation, properties, therapeutic benefits, and various applications,** as explained below.

Table 1: Ratnas and Their Corresponding Grahas (Planets) According to *Rasendra Chudamani.*

Sl.no.	Ratnas	Planets
1	Manikya (Kuruvinda)	Surya
2	Mukta	Chandra
3	Pravala	Mangala
4	Panna (Marakata/Tarkshya)	Budha
5	Pushparaga	Guru
6	Vajra	Shukra
7	Nilama	Shani
8	Gomeda	Rahu
9	Vaidurya	Ketu

Table 2: Grahya–Agrahya Lakshana and Therapeutic Properties of Ratnas Described in *Rasendra Chudamani.*

Sl.no.	Name	Grahya lakshana	Agrahya lakshana	Properties
1.	Manikya	1. Padmaraga - (kusheshcchya) colour resemble flower of lotus, clear, smooth, heavy & lustrous. Round, broad ruby with clear, even edge. 2. Nilagandhi – *Gangambusambhuta*, it looks azure red from inside.	Ashta dosha minikya- 1.Randhra 2.Karkashya 3.Malinya 4.Rukshya 5.Vaishadya 6.Chipita 7.laghu 8.Vakra.	Deepana, vrushya, Kaphavata hara, Kshayanashaka, Bhuta, vetala, papaghna, Karmaja vyadhinashaka.
2.	Moktika	Delightful to the mind, white, light, smooth, ray like, clear, large, watery & round.	Rough, Waterless, black in colour, copper like, lavanopama, half of it white, crooked & knotted.	Kapha, pitta, kshayanashaka, kasa, shwasa, agnimandyahara, vrushya, Aayushya, Dahaghna, dhatupushtikaraka.
3.	Pravala	1. Pakwabimbiphalacchayama 2.Vrutta 3.Aayatam 4.Avakrama 5.snigdha 6.Avrana 7.Sthula.	1.Pandura 2.Dhusara 3.Rukshya 4.Savrana 5.Kotaranvita 6.Nirbhara 7.Shubhra varna	Kshaya, Raktapitta, kasa-hara, deepana, pachana, laghu, visha, bhutadi- shamaka, Netrarogahara.
4.	Panna/ Tarkshya	1. Haritavarna 2.guru 3.snigdha 4.sphuradarashmichayama 5.shubham 6.masruna 7.bhasura.	Kapisha, karkasha, nilam, pandu, krushnam, laghava, chipitama, vikatama, rukshya.	Jwara, cchardi, visha, swasa, sannipata, agnimandya, arsha, pandu, shopha-nashaka, Ojovardhaka.
5.	Pushparaga	1.guru 2.snigdha 3.swacchama 4.sthula 5.samama 6.mrudu 7.masruna 8.karnikaraprasunabhama	Nishaprabhama, karkasha, rukshya, pitama, shyama, kapisha, pandu.	Visha, cchardi, kapha, vata, agnimandya, daha, kustha- nashaka, deepana, pachana, laghu.
6.	Vajra	1. Puvajra- Ashtasra, ashtaphalaka, shatakona, atibhasura, indradhanurvari. 2. Streevajra- chipitakara, vartulayatama. 3. Napunsakavajra- vartula, kunthakonagra, kinchitaguru.	--	Ayushprada, sadgunadama, vrushya, tridoshahara, sakalamayaghna, sutendrabandhasadagun akruta pradeepi, mrutunjayeda, amrutopama.
7.	Neelama	1. ekacchayama 2.guru 3.snigdha 4.swacchya 5.pinditavigraham 6.mrudu 7.madhyaullasajyoti.	--	Kasa, swasa- hara, vrushya, tridoshaghna, sudeepanama, vishamajwara, durnama, papaghna.
8.	Gomeda	1. suswacchya gojalacchaya 2.swacchya 3.snigdha 4.samama 5.guru 6.nirdala	Vicchaya, laghu, ruksha, chipitama, patalanvita,	Kapha, pitta-ghna, kshaya, pandu, deepana, pachana, ruchyama,

		7.masruna 8.deepta.	nishprabha, pitakachabhama.	twachya, buddhiprabodhanama.
9.	Vaidurya	Shyama, shubhra- varna, samakruti, guru, swacchya, bhramashubhrottariyena (white in colour).	Shyama, toya- varna, chipitama, laghu, karkasha, raktagarbhottariyena (inside red in colour).	Raktapittaghna, pradnya, ayu, bala-vardhanama, pittapradhanarogaghna, deepanama, malamochanama.

Ratna Rasayana Described in *Rasendra Chudamani*

Rasendra Chudamani describes **Vajra Rasayana-1 in Chapter 12**, followed by the description of different **Ratna Rasayana preparations in Chapter 13**. The text provides information regarding their ingredients, methods of preparation, dosage, therapeutic properties, and specific indications. The important Ratna Rasayana[5] preparations are described below.

Name	Ingredients	Bhavana Dravya	Method of Preparation	Properties / Indication
1. Vajra Rasayana	Parada – 1 part, Vajra Bhasma – 30 parts, Swarna Bhasma – 16 parts, Rajata Bhasma – 8 parts, Gandhaka – 11 parts, Abhraka Bhasma – 4 parts, Swarna Makshika – 8 parts, Vaikrant Bhasma – 6 parts.	Not menitioned	All ingredients are mixed thoroughly by Mardana and stored in glass bottles.	Described as enhancing strength and enabling attainment of six kingly qualities, including Sandhivigrahadi.
2. Manikya Rasayana	Manikya Bhasma – 1 tola, Suvarna Bhasma – 1 tola, Abhraka Bhasma – 1 tola, Tamra Bhasma – 1 tola, Kanta Loha – 1 tola, Gandhaka – 5 parts, Manashila, Haratala and Nilanjana – qt. not specified. Separately Parada & Gandhaka taken equally	Jala, Ardraka Rasa	1. Mix ingredients, give Bhavana with Jala, prepare Chakrika and administer five Varaha Putas. 2. Add Manashila, Haratala and Nilanjana, prepare Chakrika and give Puta. 3. Prepare Kajjali, melt over a Badara wood fire, add prepared powder and perform Mardana. 4. Add Ardraka Rasa, triturate and store in a Karandaka (bamboo vessel).	Jara, Palita and Kshayadi Roga. The text mentions Jivetvarsha Shatam (a lifespan of 100 years). Dose: 2 Ratti. Duration: 6 months.
3. Moktika Rasayana	A) Mukta – 1 part, Gandhaka – 1 part, B) Mukta Bhasma – 6 Shana, Swarna bhasma – 12 Shana,	Jayanti Swarasa, Ardraka Swarasa,	1. Mix Mukta and Gandhaka, give Bhavana, prepare Chakrika and	Vali-Palita Nashana and Vardhakya Nashana, said to promote strength of ears, teeth and eyes, enhance

	Kanta Loha bhasma– 18 Shana, Abhraka bhasma – 24 Shana, Gandhaka – 15 tola, Tankana – 15 tola, Parada & Gandhaka Equal.	goat milk.	administer Laghu Puta. 2. Triturate Mukta Bhasma, Swarna, Kanta Loha and Abhraka. 3. Add Tankana and Gandhaka, give Bhavana with Ardraka Rasa, prepare Chakrika and administer 15 Putas then give five additional Putas without Tankana and Gandhaka, using Ardraka Rasa. 4. Prepare Kajjali using equal parts Parada and Gandhaka, melt over a Badara wood fire, add prepared powder and triturate until dry. 5. Give Bhavana with goat milk and store in glass bottles.	Bala, and be used for fertility, Kshaya Roga, Sutika Roga, children and certain female and pregnancy-related disorders. Dose: 1 Valla (2 Ratti). Anupana: Madhu and Pippali. Duration: 1 year.
4. Pravala Rasayana	1.Pravala – 16 tola, 2.Rajata – 16 tola, 3.Tamra – 32 tola, 4.Makshika – 6 tola, 5.Hiraka Bhasma – 30 parts, 6.Nilama – 16 parts, 7.Abhraka Satva – 72 tola, 8.Haratala – 144 tola, 9.Parada – 140 tola, 10.Gandhaka – 240 tola.	Matulunga Rasa & Bhringaraja Rasa (seven Bhavanas each)	1. Triturate ingredients 1–8 with Matulunga Rasa for four days, 2. Prepare Kajjali, melt over a Badara wood fire using Mandagni, perform Nirvapa of liquid Kajjali in 12-year-old Purana Ghrita & continue heating until dry, 3. Give seven Bhavanas with Bhringaraja Rasa, dry and store.	Jwara (with Trikatu & Ghrita), Kshaya, Grahani, Pandu, Kamala, Kumbha kamala, Udavarta, Prameha, Medoroga, Vatavyadhi, Kapha Roga, Arsha, Bhagandara, Mutrakriccha, Yoniroga and skin diseases. For Visuchika Trikatu & Chitraka Rasa Dose: 2 Ratti
5. Tarksha Rasayana	1.Tarksha Bhasma – 1 shana, 2.Hiraka – ½ shana, 3.Suvarna – 2 nishka, 4.Tamra – 2 nishka, 5.Kanta Loha – 2 nishka, 6.Parada Bhasma – 2 nishka (6 g), 7.Manashila, 8.Gandhaka & 9.Haratala – 1 shana each	Jala, Guduchi Rasa.	1. Triturate 1 to 6 ingredients in Khalva Yantra with Jala, prepare Chakrika and administer 20 Kukuta Putas. 2. Add Manashila, Gandhaka and Haratala, 1 Shana each, give seven Bhavanas with Guduchi Rasa and	Agnideepana, the source advises Chitraka, Ardraka Rasa & Pitarajika Churna. Described as promoting appetite and reducing Agnimandya.

			administer Puta with 10 Vanyopalas.	
6. Pushparaga Rasayana	Pushparaga Bhasma – 2 tola, Pittakacha Bhasma – 1 tola, Tamra – ½ tola, Rajata – ¼ tola, Swarna – ½ nishka, Vajra – ¼ nishka, Abhraka – 4 tola, Gandhaka Marita Suryakanta – 4 tola, Gandhaka – 12 tola.	Jala	1. Mix all ingredients, give Bhavana with Jala, prepare Chakrika and administer 10 Kukuta Putas. 2. Add Nilanjana, Haratala and Makshika, administer one Puta each time.	Kshayadi Roga, Kushta, Gudaja Vyadhi, Gulma, Raktaja Gulma, Kamala and Pandu, Having deepana property.
7. Vajra Rasayana –2	Hiraka Bhasma – 1 tola, Bhunaga Satva – 1 tola, Swarna Bhasma – 2 tola, Abhraka Satva – 2 tola, Kanta Loha – 2 tola, Parada – 6 tola, Gandhaka – 6 tola.	Chanakamla	Prepare Kajjali, add remaining ingredients and give Bhavana with Chanakamla. Prepare bolus, administer Puta, & store the prepared Bhasma in a bamboo vessel.	No any disease on earth that not cure by this rasayana, Dehasiddhi as an important benefit. Dose: 1 Gunja. Apathya: Bilva Phala.
8. Nilama Rasayana	Nilama, Hiraka, Swarna, Rajata, Kanta Loha, Swarna Makshika and Rajavarta – 4 tola each, Tamra – 28 tola, Gandhaka – 56 tola.	Jyotismati Taila for 8 days, Shweta mundi Rasa for 7 days Bhavanas.	1. Mix ingredients homogeneously, give Bhavana & prepare a bolus. Place it in Sharava Samputa, surround with Gandhaka above & below, and administer 20 Kukuta Putas. 2. Give the prepared Bhasma seven Bhavanas with Shweta Mundi Rasa, dry and store.	Jwara, Pandu, Kshaya, Kasa, Shula, Arsha, Gulma, Udara, Kushta and five types of Swasa Roga. Dose: 1 Gunja.
9. Gomeda Rasayana	A) Gomeda Churna and Gandhaka Churna in equal quantities. B) Swarna Bhasma, Rajata Bhasma, Kanta Loha Bhasma and Swarna Makshika Bhasma – 1 tola each, Parada – 2 tola, Gandhaka – 2 tola. The method separately mentions Swarna, Rajata and Kanta Loha Bhasma, 10 tola each.	Lakucha Swarasa, Eranda Taila, Mundi Swarasa. Navasadara Jala as Prakshepa Dravya.	1. Mix Gomeda Churna and equal Gandhaka, give Bhavana with Lakucha Swarasa, prepare Chakrika and administer 10 Gajaputas. 2. Add Swarna, rajata, Kanta loha bhasma 10 tola each & Navasadara Jala as Prakshepa. 3. Give Swarna Makshika Bhavana with Eranda Taila and administer 10 Varaha Putas. 4. Prepare	Causing immediate Agnideepana, increasing Pushti (strength) & Bala like bheema and as Vrushya, Ayushya, Netrya, Mukharoga.

			Kajjali from Parada and Gandhaka, add remaining ingredients and perform Mardana until dry. Give seven Bhavanas with Mundi Swarasa and store in a Karanda (bamboo vessel).	
10. Vaidurya Rasayana	Gandhaka marita Vaidurya Bhasma – 2 tola, Swarna Bhasma – 1 tola, Tikshna Loha Bhasma – 3 tola, Rajata Bhasma – 3 tola, Vimala Bhasma – 6 tola.	Moch Rasa, Kumari, Pillu Vruksha Mula Twak, Chitraka Mula, Kanthari Mula, Karanja Mula Swarasa.	1. Prepare a bolus of all Bhasmas using Bhavana with Moch Rasa. 2. After drying, apply a ½ Angula layer of Silajatu over the bolus. 3. Place in Valuka Yantra and heat on Mandagni for one week. 4. Powder the bolus, give Bhavana with the listed liquids, dry and store.	Having Mrutasanjivana quality. In Sannipata Jwara use with Ardraka or Chitraka Mula Swarasa. Dose: 1 Ratti. Anupana for Sannipata Jwara: Ardraka or Chitraka Mula Swarasa.

Overall, the descriptions in *Rasendra Chudamani* demonstrate the extensive use of Ratnas in combination with metals, minerals, Parada, Gandhaka, and herbal Bhavana Dravyas for the preparation of specialized Rasayana formulations. The text provides specific information regarding pharmaceutical processing, dosage, Anupana, indications, and unique therapeutic benefits, highlighting the distinctive contribution of Ratna Rasayana to the field of Rasashastra.

DISCUSSION

Rasendra Chudamani explains Ratna Rasayana in a separate chapter **of the text. This chapter describes the** preparation of Ratna Rasayana**, along with its** therapeutic properties and the relationship between Ratnas and Grahas**. Before explaining Ratna Rasayana, the authors discuss the** Guna of Ratnas, Grahya Lakshana, the effects of Ratna Dharana, their general and specific properties, Samanya and Vishesha Shodhana, Marana, and Ratna Druti **in the preceding chapter.**

In most Rasayana preparations, Badara wood is used as the fuel source**. A common method of preparation involves adding all the ingredients to** liquid Kajjali**, followed by drying the preparation to all rasayana except pushparaga, nilama, vaidurya rasayana.**

The authors have described the detailed and precise procedure **for preparing these Rasayanas. Along with the preparation method, they have also explained their** unique therapeutic indications**.**

Regarding the composition**, Ratna Rasayana preparations contain not only** Ratnas but also Dhatu bhasmas**. The authors have described** two types of Vajra Rasayana**—one for** increasing strength **and the other for** Deha Siddhi**. Most of the Rasayana preparations are stored in a** Karandaka (bamboo vessel)**.**

Moktika Rasayana **is indicated in** Stri Roga, Garbhini Roga, and diseases of children**.** Pravala Rasayana **is indicated for** Yoni Roga and Vandhyatva**.** Tarkshya Rasayana **is indicated for** Agnideepana**.** Gomeda Rasayana **is indicated in** Mukha Roga**, while** Pushparaga Rasayana **is indicated in** Pandu, Kamala, Rakta Gulma, and Kustha**.** Nilama Rasayana **is indicated in** Shwasa and Kasa**, whereas** Vaidurya Rasayana **is described as** Mrita-Sanjivana **and is indicated in** Sannipataka Jwara**.**

The authors have also explained the procedure for Bhunaga Satwa Marana **in the preparation of Vajra Rasayana.** Eranda Taila-bhavita Makshika Bhasma **is described as the best preparation. A** detailed description of the Bhasmikarana of Ratnas **is also provided.**

At the end of the chapter, the authors emphasize the importance of worshipping & wearing gems possessing Sujata qualities **and consuming Ratna Rasayana appropriately, according to the text, these practices help** destroy arishta **and fulfil one's desirable aspirations. Wearing gems is described as a means of** eradicating poverty, removing diseases arising from past sinful actions, and promoting longevity**. Overall, the** ultimate benefit of the proper use of gems is considered to be the attainment of Rasayana effects**.**

CONCLUSION

Ratnas are precious gems described in Ayurveda for their medicinal, therapeutic, and astrological significance**.** ***Rasendra Chudamani*** **provides a detailed description of** Ratna Rasayana in Chapter 13**, including their preparation, properties, and therapeutic applications. The text highlights the** unique pharmaceutical procedures **involved in Ratna Shodhana, Marana, & Rasayana preparation. It also emphasizes the importance of** properly processed and appropriately used Ratnas **for promoting strength, longevity, and**

overall well-being. Thus, *Rasendra Chudamani* serves as an important classical source for understanding the therapeutic and Rasayana significance of Ratnas**.**

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Principal and HOD of GAMC, Bangalore.

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