

## CRITICAL REVIEW ON SHWASA KUTHAR RASA

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## ABSTRACT

The main objective of this review article is to discuss the therapeutic uses of *Shwasa Kuthar Rasa* and to discuss the different pharmacological properties and therapeutic uses of isolated constituent drugs of *Shwasa Kuthar Rasa*. The authentic subject material has been reviewed from *Ayurveda* and modern medical literature. Different research and review article were searched in different journals. The subject material has also been searched on internet. This review is mainly focused on different aspects of herbo-mineral *Ayurvedic* formulation *Shwasa Kuthara Rasa*. In *Ayurveda*, *Shwasa Kuthar Rasa* is mentioned in the management of *Shwasa*. It is well recognized in *Ayurveda* that most of the *Shwasa* run a chronic course and are difficult to treat. Now a days, it is well acknowledged and established

by several experimental and clinical studies that *Shwasa* have a psycho-social impact here an attempt has been made to address therapeutic uses of *Shwasa Kuthar Rasa* and its constituent drugs.

**KEYWORDS:** Herbo-mineral preparation, *Shwasa Kuthar Rasa*, *Ayurveda*.

## INTRODUCTION

The traditional Indian medical system is a treasure trove of varied formulations based on their constituents and indications. It was strengthened in the mediaeval time by ancient scholars who added metals and minerals to the repertoire. *Rasaushadhies* are compositions that are solely metallic, mineral, metalo-mineral, herbo-metalic, or herbo-metalo-mineral. *Rasaushadhies* are claimed to be a godsend to traditional pharmaceutical sciences since they have a quick action, a lower dose, no palatability issues, and a long shelf life. *Rasaushadhies*

occupy a large role in Ayurvedic therapies as a result of these attributes, and are widely recommended all over the country. *Rasashastra* can be described as ayurvedic pharmaceutic, which deals with the drug of mineral origin, *Maharasa*, *Uparasa*, *Sadharan Rasa*, *Ratna*, *Uparatna*, *Visha*, *Upavisha* their characteristics, varieties, processing techniques, properties *Shodhana*(purification), *Marana* and their therapeutic uses. *Shwasa Kuthar Rasa* is a *Khalviya Kalpana*. It is a well-known medication in Indian medicine for respiratory ailments. Which includes purified *Parad* (Mercury), purified *Gandhak* (Sulphur), purified *Vatsanabha* (*Aconitum ferox* Linn.), purified *Tankan* (Borex), purified *Manashila* (Realgar), *Maricha* (*Piper nigrum* Linn.), *Pippali* (*Piper longum* Linn.), *Shunthi* (*Zingiber officinale* Linn.). *Shwasa Kuthara Rasa* an Ayurvedic herbo mineiral formulation is indicated in the management of *Shwasa* (allergic bronchitis), *Kasa* (cough), *Partishyaya* (allergic rhinitis) and *Hikka* (hiccough) *Agnimandhaya*, *Vata-Kapha Roga*. Hence *Shwasa Kuthar Rasa* is an important drug in Indian medicine for respiratory ailments.

## MATERIAL AND METHOD

According to *Yoga Ratanakara* Ingredients of *Shwasa Kuthara Rasa* is listed below<sup>[1]</sup>:

**Table 1: List of ingredients of *shwasa kuthara rasa*.**

| Sr. No. | Ingredients                              | Proportion |
|---------|--|------------|
| 1       | <i>Shuddha Parad</i>                     | 1 Tank     |
| 2       | <i>Shuddha Gandhak</i>                   | 1 Tank     |
| 3       | <i>Shuddha Vatsanabha</i>                | 1 Tank     |
| 4       | <i>Shuddha Tankana</i>                   | 1 Tank     |
| 5       | <i>Shuddha Manashila</i>                 | 1 Tank     |
| 6       | <i>Maricha</i>                           | 8 Tank     |
| 7       | <i>Trikatu (Shunthi,Maricha,Pippali)</i> | 1 Tank     |

## Method of preparation<sup>[2]</sup>

First of all, make *Kajjali* of *Shuddha Parad* and *Shuddha Gandhaka*. Mix fine powder of remaining substances in it, later add water and do *Mardana* till it turn into a homogenous mixture. After that make *vati* of 1-1 *ratti* and dry it.

## Properties

**Table 2: Properties of ingredients of *Shwasa kuthar aRasa*.**

| Sr no. | Name of drug                        | Rasa               | Guna                       | Virya        | Vipak       | Rogadhikar          |
|--------|-------------------------------------|--------------------|----------------------------|--------------|-------------|---------------------|
| 1      | <i>Shuddha Parad</i> <sup>[3]</sup> | <i>Shasda-rasa</i> | <i>Sara, Guru, Snigdha</i> | -            | -           | -                   |
| 2      | <i>Shuddha</i>                      | <i>Madhura</i>     | <i>Sara,</i>               | <i>Ushna</i> | <i>Katu</i> | <i>Kusthvisharp</i> |

|   |  |                    |                               |                |               |   |
|---|--|--------------------|-------------------------------|----------------|---------------|---|
|   | <i>Gandhaka</i> <sup>[4]</sup>           |                    | <i>Snigdha</i>                |                |               | <i>Pliharoga</i>  |
| 3 | <i>Shuddha Tankan</i> <sup>[5]</sup>     | <i>Katu</i>        | <i>Tikshna, Ruksha</i>        | <i>Ushna</i>   | ----          | <i>Shwasa, Kasa, Mukhpaka, Ashamari</i>                               |
| 4 | <i>Shuddha Manashila</i> <sup>[6]</sup>  | <i>Katu, Tikta</i> | <i>Guru, Snigdha</i>          | <i>Ushna</i>   | --            | <i>Kasa, Kandu, Shoshahara, Agnimandhaya</i>                          |
| 5 | <i>Shuddha Vatsanabha</i> <sup>[7]</sup> | <i>Madhur</i>      | <i>Ruksha, Laghu, Tikshna</i> | <i>Ushna</i>   | <i>Katu</i>   | <i>Jangam Visha, Jwara, Kushta</i>                                    |
| 6 | <i>Maricha</i> <sup>[8]</sup>            | <i>Katu</i>        | <i>Ruksha, Laghu, Tikshna</i> | <i>Ushna</i>   | <i>Katu</i>   | <i>Shiwitra, Kilasa, Pama, Shothavedanayu ktavikara, Tarunyapidka</i> |
| 7 | <i>Shunthi</i> <sup>[9]</sup>            | <i>Katu</i>        | <i>Ruksha, Guru, Tikshna</i>  | <i>Ushna</i>   | <i>Katu</i>   | <i>Shula, Kasa, Shwasa, Slipada, Hrudroga, Aamvat, Atisar, Adhman</i> |
| 8 | <i>Pippali</i> <sup>[10]</sup>           | <i>Katu</i>        | <i>Laghu, Tikshna</i>         | <i>Anushna</i> | <i>Madhur</i> | <i>Dipanya, Kantiya, Shiro-Virechanopaga, Asthapanopaga</i>           |

**Indication**<sup>[11]</sup>: *Kasa, Shwasa, Mandagni, Vata-kaphajroga, Murcha, Apasmara and Moha.*

**Dose**<sup>[12]</sup>: 1 ratti.

## DISCUSSION

K. G. Modh et al (1986) *Shwasa Kuthara Rasa* mainly act on *Shwasa Roga* due to the action of its ingredients which directly act on *Pranavaha Srotas*. Its most of the ingredients are *Vata-kaphashamaka* and mainly *Kapha Nihsaraka* with *Laghu, Ruksha* and *Ushna Guna*, means mainly acts on *Agnimandhya* and breaks the *Kapha Dosha Pradhan Samprapti*. It is contraindicated in pleural effusion, cardiac involvement and *Kasa*.

*Shwasa Kuthara Rasa* acts through all its ingredients. Black pepper is a major constituent, it stimulates mucous membrane of the respiratory system. It helps in mucous drainage and imparts strength to alveolar mucous membrane. *Aconitum ferox* is antispasmodic in nature, hot and stimulant for mucous membrane. *Shunthi* and *Pippali* release the sputum. Realgar

absorbs excessive secretion from the alveoli. Purified Borax is antispasmodic and removes *Kapha*.

## CONCLUSION

The traditional Indian medical system is a treasure trove of varied formulations based on their constituents and indications. *Shwasa Kuthara Rasa* is a *Khalveeya Rasayana*. In Different classical text, the ingredients and quantity differ. It acts through all its ingredients. It is used in *Kasa, Shwasa, Mandagni, Vata-kaphajroga, Murcha, Apasmara* and *Moha*.

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