

A LITERARY REVIEW OF LAGHU MALINI VASANTA RASA IN CLASSICAL AYURVEDIC TEXTS

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ABSTRACT

Laghu Malini Vasanta Rasa (LMVR) is one of the most renowned *Kharaliya Rasayana* formulations described in classical Rasashastra. It is widely indicated in *Jeerna Jwara*, *Rajyakshma*, *Pradara*, *Grahani*, *Dhatukshaya*, and other chronic debilitating disorders. Despite its widespread therapeutic use, considerable textual variations exist regarding its nomenclature, ingredients, pharmaceutical processing, dosage, indications, and adjuvants. The present literary review critically compiles and analyzes references to LMVR from classical Ayurvedic compendia including *Yoga Ratnakara*, *Bhaishajya Ratnavali*, *Rasa Tarangini*, *Rasa Yoga Sagara*, *Ayurveda Sara Sangraha*, *Brihat Nighantu Ratnakara*, and *The Ayurvedic Formulary of India*. The review demonstrates the evolution of the formulation across different periods while highlighting its consistent Rasayana and Dhatvagni-promoting

properties. Understanding these classical perspectives is essential for evidence-based Ayurvedic practice and future pharmaceutical standardization.

KEYWORDS: Laghu Malini Vasanta Rasa, Kharaliya Rasayana, Rasashastra, Rasaka, Maricha, Literary Review.

INTRODUCTION

Rasashastra represents one of the most advanced pharmaceutical branches of Ayurveda,

emphasizing rapid-acting, potent, and low-dose formulations prepared from minerals, metals, herbs, and animal products. Among the *Kharaliya Rasayana* formulations, *Laghu Malini Vasanta Rasa* occupies a unique place because of its comparatively simple composition, excellent therapeutic efficacy, and broad clinical applications.

The formulation primarily consists of purified *Rasaka* (calamine ore) and *Maricha* processed through sequential *Bhavana* with *Navaneeta* and *Nimbu Swarasa*. Classical authorities have praised it for chronic fever, tuberculosis-like conditions, female reproductive disorders, and tissue depletion.^[1]

Unlike *Swarna Malini Vasanta Rasa*, LMVR is comparatively economical and therefore has remained in routine Ayurvedic practice for centuries. The literary evolution of this formulation reflects the gradual refinement of Ayurvedic pharmaceuticals during medieval Rasashastra.

Historical Evolution

The earliest widely accepted reference of LMVR appears in **Yoga Ratnakara** under *Jwaradhikara*, where it is prescribed specifically for chronic fevers associated with depletion of tissues.^[2]

Subsequently, the formulation was incorporated into several Rasashastra treatises including:

- Yoga Ratnakara
- Bhaishajya Ratnavali
- Rasa Tarangini
- Rasa Yoga Sagara
- Ayurveda Sara Sangraha
- Brihat Nighantu Ratnakara
- Ayurvedic Formulary of India

Although the basic pharmaceutical process remained almost unchanged, later texts expanded its indications and clarified dosage and adjuvants.^[3]

Classical References

Yoga Ratnakara

Yoga Ratnakara is regarded as the principal source of LMVR. The formulation consists of:

- Shuddha Rasaka – 2 parts

- Maricha – 1 part

The drugs are triturated first with freshly prepared cow's butter (*Navaneeta*) followed by repeated levigation with lemon juice until the characteristic *Ghrita Vimukta Avastha* is achieved.

It is primarily indicated in.

- Jeerna Jwara
- Rajayakshma
- Dhatukshaya
- Pandu
- Grahani
- Pradara
- Kasa
- Shwasa.^[2]

Bhaishajya Ratnavali

Bhaishajya Ratnavali reproduces the formulation with minor textual variations while emphasizing its efficacy in chronic fevers associated with weakness and loss of vitality.

Special emphasis is placed on.

- Rasayana property
- Agni Deepana
- Balya action
- Pitta-Kapha predominant disorders

Rasa Tarangini

Sadananda Sharma described LMVR among important *Kharaliya Rasayana* preparations. The text particularly discusses.

- pharmaceutical processing,
- Bhavana sequence,
- characteristics of proper trituration,
- dosage,
- storage,
- therapeutic administration.

Rasa Tarangini also highlights the importance of achieving proper *Ghrita Vimukta Lakshana* before pill preparation.^[4]

Rasa Yoga Sagara

Rasa Yoga Sagara compiles nearly thirty classical references of LMVR from various earlier treatises, demonstrating its widespread acceptance throughout medieval Ayurveda.

The compilation also compares.

- ingredient variations,
- indications,
- dosage,
- Anupana,
- pharmaceutical modifications.

This compilation establishes LMVR as one of the most frequently quoted Vasanta Kalpas.^[3]

Ayurvedic Formulary of India (AFI)

The Government of India's *Ayurvedic Formulary of India* has standardized LMVR according to *Yoga Ratnakara*. The AFI recommends.

- Rasaka : Maricha = 2 : 1
- Initial Bhavana with Navaneeta
- Subsequent Bhavana with Nimbu Swarasa
- Pills of standardized weight

The inclusion of LMVR in AFI reflects its continuing clinical relevance and pharmaceutical acceptance.^[5]

Comparative Analysis of Classical Texts

Classical Text	Ingredients	Bhavana	Major Indications
Yoga Ratnakara	Rasaka + Maricha	Navaneeta, Nimbu Swarasa	Jeerna Jwara, Rajayakshma
Bhaishajya Ratnavali	Similar	Similar	Jwara, Dhatukshaya
Rasa Tarangini	Similar	Detailed	Jwara, Grahani
Rasa Yoga Sagara	Comparative compilation	Similar	Multiple indications
AFI	Standardized	Standardized	Classical indications

Literary Analysis of Ingredients

Rasaka

Rasaka is considered the principal mineral ingredient responsible for.

- Rasayana effect
- Dhatu-poshana
- Pitta-Shamana
- Balya action

After proper purification and processing, Rasaka becomes highly bioavailable according to Rasashastra principles.

Maricha

Maricha functions as.

- Deepana
- Pachana
- Yogavahi
- Srotoshodhaka

Its inclusion improves digestion, enhances drug delivery, and facilitates tissue penetration.

Navaneeta

Fresh butter imparts.

- Brimhana
- Pitta-Shamana
- Snigdhata

It also reduces excessive Teekshnata of Rasaka.

Nimbu Swarasa

Lemon juice provides.

- Amla Rasa
- Sukshma penetration
- Enhanced trituration
- Improved pharmaceutical transformation

The sequential use of Navaneeta followed by Nimbu Swarasa represents a unique pharmaceutical principle in Rasashastra.

Therapeutic Indications in Classical Literature

Different classical texts describe LMVR in.

- Jeerna Jwara
- Vishama Jwara
- Rajayakshma
- Kasa
- Shwasa
- Grahani
- Pandu
- Dhatukshaya
- Shwetapradara
- Raktapradara
- Garbhini disorders
- General debility

Later physicians also explored its utility in *Madhumeha*, although this indication is not explicitly mentioned in early classical texts.

DISCUSSION

The literary survey clearly indicates that LMVR has maintained remarkable consistency in its pharmaceutical identity despite minor textual variations. The core ingredients, Bhavana sequence, and therapeutic philosophy remain unchanged across major Rasashastra treatises.

The widespread acceptance of LMVR can be attributed to.

- simple composition,
- easy pharmaceutical preparation,
- potent Rasayana effect,
- low therapeutic dose,
- broad spectrum of indications.

The sequential Bhavana process using Navaneeta followed by Nimbu Swarasa represents an advanced pharmaceutico-chemical concept intended to optimize mineral transformation and

enhance therapeutic efficacy. Modern pharmaceutical studies have demonstrated significant physicochemical changes during repeated levigation, supporting classical pharmaceutical principles.

CONCLUSION

Laghu Malini Vasanta Rasa is one of the most extensively documented *Kharaliya Rasayana* formulations in classical Ayurvedic literature. Beginning with *Yoga Ratnakara* and subsequently incorporated into numerous Rasashastra compendia, the formulation has retained its identity for several centuries. Although slight variations exist regarding dosage and indications, the essential pharmaceutical process remains remarkably uniform. The classical literature consistently portrays LMVR as a potent Rasayana possessing Deepana, Brimhana, Dhatvagni-enhancing, and rejuvenative properties. Comprehensive literary understanding of this formulation provides a strong foundation for pharmaceutical standardization, quality control, and future evidence-based clinical research.

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