



**PHARMACEUTICAL STANDARDIZATION OF RASATALESWARA
RASA**

Krishna Jijiyabai¹

G.Ramesh Babu²

¹Assistant professor in Sri Adisiva Sadguru Alli Saheb Sivaryula Ayurvedic College,
Guntakal

²Associate professor in S.V. Ayurvedic College Tirupathi Rasashastra and Bhaishajya
Kalpana Department

ABSTRACT

Rasasastra is the pharmaceutical branch of Ayurveda. As like any other medical system, success of *Ayurvedic* treatment also depends upon quantity of medicine prescribed to the patient, However, scarcity of raw materials is forcing the pharmacists to compromise in quality of make, which in turn is rendering the total system to disrepute. As a solution for this, Ayurveda kept on adding newer formulations prepared out of widely available and quite cheaper raw drugs. This facilitates physicians to avail potent medicines in required quantities. The present study is one of such kind made out of readily available Herbo-mineral, Marine and *Upavishas*. In this present article the study about preparation of *Rasataleswara rasa* which had a reference from the book *Rasendrachintamani*. *Rasataleswara Rasa* is widely used in all types of Skin diseases In this preparation *Sodhana*, *Marana*, *Bhavana* and *Srutam* procedures have been carried out. *Rasataleswara rasa* is prepared in the form of tablets to increase the Bioavailability.

Key Words: *Rasataleswara Rasa, Sodhana, Bhavana, Srutham*

INTRODUCTION: *Ayurveda* involves the use of plant parts, animal products, minerals, marine products and metals. Ayurvedic system of medicine is the only system where importance for curing ailments was recognized. *Rasashastra* is the science which deals with the processing and therapeutic uses of metals and minerals. The drug chosen for the present study is *Rasataleswara rasa* which was mentioned in *Rasendra chintamani*¹. The present preparation is made out of various readily variable available Herbo-minerals and *Upavishas*. In this preparation of *Rasataleswara rasa* there will be *shodana* of *Parada*, *Gandhaka*, *Shanka*, *Gunja*, *Bhallataka*, *Karanja* and *Chitramoolatwak*, *Marana* of *shanka*, preparation of *Kajjali* and trituration of above herbo-mineral compounds with *Kajjali*, boiling in *gomutra* and punched

into tablets. This preparation is specially indicated in *Dadru*, *Vicharchika* and *Kitibha Kustha*².

AIMS AND OBJECTIVES:

- To ensure the preparation of safe and efficacious *Rasataleswara rasa*.
- Pharmaceutical study of *Rasataleswara rasa*

Importance of present study:

As the appropriate parameters for standardization of *Rasataleswara rasa* are yet not established, an attempt has been made through the study of method of preparation of *Rasataleswara rasa*.

MATERIALS AND METHODS:

Chief Reference: *Rasendra chintamani*

Table no 1 showing Total Pharmaceutical study carried out in eight steps

Stage I	Sodhana of Parada Sodhana of Gandhaka Sodhana of Shanka
Stage 11	Sodhana of Gunja bija and Churnikarana Sodhana of Bhallataka bija and Churnikarana Sodhana of Karanja bija and Churnikarana Sodhana of Chitrakamoolatwak and Churnikarana
Stage 111	Kajjali Nirmana
Stage IV	Shanka Marana
Stage V	Preparation of Apamarga moola churna Preparation of Punarnava moola churna Preparation of Haridra churna Preparation of Kumari swarasa Collection of Arka ksheera
Stage VI	Making Homogenous mixture Boiled in eight times of gomutra till becomes semisolid
Stage VII	Adding Vidanga and Maricha churna
Stage VIII	Preparation of Tablets

Table No 2 showing Rasataleswara rasa preparation:

Kajjali prepared with Suddha Parada and Suddha Gandhaka are taken in Khalva yantra

S.NO	Weight of Drugs Taken	Quantity of Liquid Taken	Weight of final product (Rasataleswara Rasa)
1.	Kajjali - 360gms	Gomutra - 17litres and 280ml	4100gms
2.	Shankha Bhasma - 180gms		
3.	GunjaBija(Abrus precatrius)Churna- 180gms		
4.	Bhallataka)(Semecarpus Anacardium)bija churna -180gms		
5.	Karanja (Pongamia pinnata) bijaChurna - 180gms		
6.	Chitramoola (Plumbago Zelylanica) twak Churna - 180gms		
7.	Apamarga(Achyranthes aspera)moola Churna- 180gm		
8.	Punrarnava (Boerhaavia diffusa) moola Churna- 180gms		
9.	Arka (Calotropis giganteaca)Ksheera -180ml		
10.	Kumari (Aloe vera) swarasa- 180ml		
11.	Haridra (Curcumalonga) Churna-180gms		
12.	Maricha (Piper nigrum) Churna-180gms		
13.	Vidanga(Embelia ribes) Churna-180gms		

and each of *Suddha Gunja churna*, *Shankha bhasama*, *Karanja bija churna*, *Suddha Bhallataka bija churna*, *Chitrakamool twak churna*, *Apamarga moola twak churna*, *Kumari Swarasa*, *Latex of Arka* , *Punarnava moola churna* are mixed properly to *Kajjali* and made into homogenous mixture. A stainless steel vessel with of *gomutra* is taken and kept on a gas stove. *Gomutra* was boiled at Homogenous mixture was added in *gomutra*. When it becomes semisolid, *vidanga churna* and *Maricha churna* are added. After cooling it is taken in trays and dried in sunlight .After drying kept in sunlight and punched into tablets.

Precautions :

- Care was taken during heating that drugs should not burn.
- Stirring should be done continuously.

OBSERVATIONS:

- *Gomutra ganda* has been observed during paka.
- Material turned into light green color from black.

DISCUSSION:

The Pharmaceutical procedures adopted in the study are *Sodhana*, *Marana* and *Srutham*. *Sodhana* is done for *Parada*, *Gandhaka*, *Shankha* , *Gunja*, *Bhallataka*, *Karanja* and *Chitramoolaka*. It is done to convert materials into suitable impurities, to reduce the toxicity and to enhance the therapeutic properties. *Parada* is used here for only drug preparation so chosen the *samanya sodhana*³. Substances having *Usna*, *teekshna*, *lavana* and *amla* properties are considered as purifiers so *churnodaka*, *lasuna* and *Saindhava lavana* are having these properties so helpful in minimizing toxic properties of mercury. *Gandhaka sodhana* is done according to the reference *Rasaratnasamucchaya*⁴. *Goghrita* used for melting *Gandhaka* acts as a *Vishagna*. Some impurities get mixed with it and are

removed at the time of melting. Some impurities melt while heating and are dissolved in milk on pouring rendering *Gandhaka* free from blemishes. *Kajjali* is prepared according to the reference *Rasatarangini*⁵. *Kajjali* was checked for loss of shine at various stages of preparation and *mardana* was done up to it turned lusterless. It took 42 hours for complete loss of shine and other characters of *Kajjali* to develop. By doing *Sodhana* of *Shankha* with *Nimbu swarasa* in *dola yantra* according to the reference *Rasatarangini*⁶. the impurities are removed from *Shankha* and get settled at the bottom of the vessel and also due to the effect of *Nimbu* the *Shanka* become brittle and the outer surface becomes rough, so further *Marana* procedure of *Shankha* according to the reference can be converted into *Bhasma* form easily. Two *Gajaputas* are required for *marana* of *Shankha*. After first *puta Ksharatva* of *Shankha bhasma* remained a little and after going on second *puta* it was normal the material turned into a soft powder according to the reference *Rasatarangini*⁷. *Gunja* was done according to the reference *Rasatarangini*⁸ *Gunja* was boiled in *godugdha* for six hours The method applied here was *Swedana*. The principle toxic constituents of *Gunja* are *Abrin* a *toxalbumin* and *hemaglutinin*. After *swedana* change in the colour of the *Gunja* seeds was observed they turned in to brown colour, and *godugdha* becomes slight reddish colour in colour. *Sodhana prakriya* involves the denaturation of the toxic protein due to exposure to high temperature leading to the detoxification of the seeds. *Bhallataka Shodhana* is done according to the reference *Rasatarangini*⁹. *Bhallataka* seeds are rubbed with *Istika churna* in a jute bag. In *Ayurvedic* literature, the synonym *Sopha hetu*, *Spota hetu*, *agnikara* given

to this drug based on its blister causing nature¹⁰. .. This vesicant nature is removed while doing *sodhana* with *Istika churna*. Brick powder is having adsorbant property so corrosive oil present in the fruit is absorbed by the brick powder. *Karanja Shodhana* was done according to the reference *Rasendrasara sangraha*¹¹. *Karanja* seeds are given *bhavana* with *Bringaraja swarasa*. *Bhavana* with the juice of *Bringaraja* is likely to remove the irritating parts that are present in the *Karanja*. *Chitrakamoola twak Shodhana* was done according to the reference *Rasatarangini*¹². *Chitrakamoola twak* is soaked in *churnodaka* and dried in sunlight. *Churnodaka* turned to orange colour. *Sodhana* reduces the teekshnatva of *Chitrakamoola*. *Punarnava moola churna*, *Apamarga moola choorna*, *Chitrakamoola moola churna*, *Vidanga churna*, *Maricha churna*, are prepared according to Sarangadara samitha¹³ *Kumari swarasa* is prepared according to *Sarangadara madhyama khanda*¹⁴ By plucking the leaf *Arka ksheera* is collected. The *ksheera* from *Arka* is collected best, early in the morning, before sunrise. When collection of *ksheera* is tried after sunrise, we get lesser quantity of *ksheera* from *Arka*. The *Ksheera* should be collected two hours before usage other wise the *ksheera* gets solidified. All the herbo-marine drugs are added in *Kajjali* and made homogenous mixture. Any herbal powder when stratified with *Khalvirasayana* method will become a new complex chemically. The shelf life of the herbal active chemical molecules will be maintained for longer period due to the effect of *Kajjali*. *Gomutra* is a Bio-enhancer, which promote and

augmentation of the bioactivity or bioavailability¹⁶. It exhibits the property of *Rasayana tatva* responsible for modulation various bodily functions, including immunity. All the drugs except *Vidanga* and *Maricha churna* are made into homogenous mixture and boiled in *gomutra*. Eight times *gomutra* has been taken and all the homogenous mixture is added to *gomutra* and boiled on *mandagni* till it become semi-solid. When it becomes semi-solid add *Vidanga* and *Maricha churna*. *Vidanga churna* are added at the end of process. After addition of those *churnas* total material is dried in sunlight. After drying in sunlight compressed in to tablets. Tablets are compressed under high pressure. Quality of medicine would be almost accurate in tablet compression

CONCLUSION: Ayurveda, the Indian system of medicine uses drugs from three main sources i.e. plant, animal and mineral. Initially plant materials were frequently used for medicinal purposes due to their abundance and easy processing techniques. Later, the therapeutic utility of mineral materials were identified and incorporated in therapeutics. *RasaShastra* is the pharmaceutical branch of Ayurveda which deals with preparation of drugs using metals and minerals Several specialized pharmaceutical procedures like *Shodhana*, *Jarana*, *Marana*, *Murchana* are adopted for these mineral materials to convert them into safe, nontoxic and efficacious forms. *Rasataleswara rasa* is mentioned in various texts by the name *Taleswara rasa*. The Chief reference for present study is taken from *Rasendra chintamani*. It is unique type of preparation in which *Kajjali*, *Shankha Bhasma* and other herbal drugs are boiled in *gomutra*. *Gajaputa* system of heating is

ideal for the preparation of *Shankha bhasma*. *Bhavana* with

Bhringarajaswarasa is ideal for the *Sodhana* of *Karanja* seed.



Sodhita parada

Image no1



Sodhita Gandhaka

Image no 2



Parada+Gandhaka

Image no 3



Kajjali preparation

Image no 4



Image no 5

Sodhita Shankha



Image no 6

Sodhita Gunja



Image no 7

Sodhita Bhallataka



Image no 8

Sodhita Karanja



Image no 9

Making Homogenous Mixture



Image no 10

Boiling in Gomutra



Image no 11

Final drug Dried in sunlight

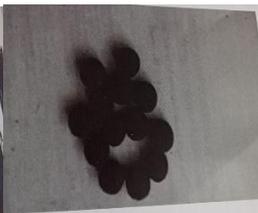


Image no 12

Rasataleswara rasa

REFERENCES:

1. Acharya Dundukanath, Rasendrachintamani, Hindi translation by Prof. Siddhinandan misra, Choukamba Oreintalia, 2006 Edition, 9/78 pgno 366
2. Acharya Dundukanath, Rasendrachintamani, Hindi translation by Prof. Siddhinandan misra, Choukamba Oreintalia, 2006 Edition, 9/78 pgno 366
3. Srisadananda sharma, Rasatarangini, Kasinath sastris editor, Motilal Banrasidas New Delhi 1970, 5/27-29 pg no 79
4. Acharya Vagbhata, Rasaratnasamucchaya, Translated by Dr. Ashok. D. Satpute Choukambha Sanskrit

5. Srisadananda sharma, Rasatarangini, Kasinath sastris editor, Motilal Banrasidas New delhi 1970, 2/27 pg no 16
6. Srisadananda sharma, Rasatarangini, Kasinath sastris editor, Motilal Banrasidas New delhi 1970, 12/6-7 pgno 286
7. Srisadananda sharma, Rasatarangini, Kasinath sastris editor, Motilal Banrasidas New delhi 1970, 12/17-19 pg no 287
8. Srisadananda sharma, Rasatarangini, Kasinath sastris editor, Motilal Banrasidas New delhi 1970, 24/440-441 pgno 729

9. Srisadananda sharma, Rasatarangini, Kasinath sastri editor, Motilal Banrasidas New delhi 1970,24/471 pg no 733
10. Dr.k.Nishteswar &K.Hemadri, Dravyaguna vijnana , Choukambha Sanskrit Pratishana. 2017, New Delhi, pg no 33
11. Suri Goplala Krishna batt., Rasendrasarasangraha, Translated by Dr.Indradeva tripatHI, Choukhamba Orientalia 2006, 1/400, pgno: 97
12. J.Ayurveda integr Med.2010 Oct;1(4):240-1.doi:10.4103/0975-9476.74089.PMCID:PMC3117312
13. Srisadananda sharma, Rasatarangini, Kasinath sastri editor, Motilal Banrasidas New delhi 1970,24/575 pgno 753
14. Pandita Sarangadharacharya , Sarangadhara samhitha, Hindi translation by Brahmananda tripati, Choukambha

Surbharathi prakashan Varanasi, 2008, 6/1 pg no 172

15. Pandita Sarangadharacharya , Sarangadhara samhitha, Hindi translation by Brahmananda tripati, Choukambha Surbharathi prakashan Varanasi, 2008, 1/2 pg no 125

16. Randhawa GK. Cowurine distillate as bioenhancer. J. Ayurveda intergr Med. 2010 Oct;1(\$):240-1.doi: 10.4103/0975-9476.74089.PMCID:PMC3117312.

Corresponding Author: Dr. Krishna Jijiyabai Assistant professor in Sri Adisiva Sadguru Alli Saheb Sivaryula Ayurvedic College, Guntakal
Email: drjijiyai@gmail.com

Source of support: Nil Conflict of interest:
None Declared

Cite this Article as : [Krishna Jijiyabai et al :Pharmaceutical Standardization Of Rasataleswara Rasa] www.ijaar.in : IJAAR VOL V ISSUE VI JAN-FEB 2022 Page No:477-482