

**THERAPEUTIC IMPORTANCE OF RAMABANA RASA- A REVIEW**

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**ABSTRACT**

The main objective of this review article is to discuss the therapeutic uses of *Ramabana Rasa* and to discuss the different pharmacological properties and therapeutic uses of isolated constituent drugs of *Ramabana Rasa*. The authentic subject material has been reviewed from Ayurveda and modern medical literature. Different research and review article were searched in different journals. This review is mainly focused on different aspects of herbomineral Ayurvedic formulation *Ramabana Rasa*. It is well recognized in Ayurveda that most of the joint diseases run a chronic course and are difficult to treat, there are many formulations in the market for *amavata* yet there is scope for drugs in this disease, *ramabana rasa* is one such formulation which is designed perfectly for *amavata*, which is also cost effective, easy to prepare, as it was hidden all these days its efficacy was not discussed so here an attempt has been made to address therapeutic uses of *ramabana rasa* and its constituent drugs.

**Keywords:** *Ramabana rasa, amavata, joint disorder*

**INTRODUCTION:** In classics there are 16 types of *Ramabana rasa*<sup>1</sup>, out of which here we are discussing about *ramabana rasa panchama*<sup>2</sup> an Ayurvedic herbomineral formulation which is indicated in the management of *Amavata*<sup>3</sup>(joint disorder), *sangrahani* and *agni mandya*.

The word *Ramabana* indicates that the drug acts like a arrow of lord *Rama* which is perfectly aimed at killing diseases like *amavata, sangrahani* and *agni mandya* such that after this treatment there will be no signs of these diseases in the body.

**MATERIALS AND METHODS**

S. no	Drug Name	Part used	Quantity
1.	<i>Shuddha parada</i> /mercury	-	1 part
2.	<i>Shuddha Gandhaka</i> / sulfur	-	1 part
3	<i>Shuddha vatsanabha</i> / Aconitum ferox	Root	1 part
4	<i>Lavanga</i> / Syzygium aromaticum	Dried flower bud	1 part
5	<i>Maricha</i> / Piper nigrum.	Fruit	2 part
6	<i>Jatiphala</i> / Myristica fragrans	Seeds	1\2 part
7	<i>Tintidiphala swarasa</i> / Tamarindus Indica	Fruit juice for levigation	Q.S

**METHOD OF PREPARATION:** Equal quantity of mercury and sulphur is taken in a clean *khalwa* and triturated till *kajjali siddhi lakshanas*, later the ingredients from 3-6 is finely powdered and added to

*kajjali*, finally juice of Tamarindus idicus is added and triturated till it attains semi-solid consistency later pills are rolled to form *Ramabana rasa*.

**DOSE:** 1gm/day

**ANUPANA:** *Usna jala*

**PARADA:** As soul plays an important role in body, like wise *Parada*(mercury) is the soul of *Rasasastra* and is considered to be the master metal because of its mystical importance, it sits at the head of all other *rasa* base materials. Any *rasa* medicine

containing mercury has its strength increased tenfold. Mercury is a dense, silvery-white, poisonous metal with a mirror-like appearance. It is also known as quicksilver or hydrargyrum.

**Pharmacological and Therapeutic Properties:**<sup>4</sup>

<i>Rasa</i>	<i>Shadrasa</i>
<i>Guna</i>	<i>Snigdha, Sara and Guru</i>
<i>Veerya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Doshagnata</i>	<i>Tridoshagna</i>
<i>Karma</i>	<i>Yogavahi, Rasayana, Vrishya, Balya, Vayastambhana, Pustikaraka, Deepana, Agnivardhaka, Deha and Loha Siddhikara, Ropana, Krimighna.</i>
<i>Rogagnata</i>	<i>Vata roga, Vali Palita, Jara, Sarva Akshi roga, Krimi, Kusta.</i>

**GANDHAKA:** *Gandhaka*(sulfur) is grouped under *Uparasa*. It is considered as an essential agent for the various process of *Parada* such as *Murchana* and *Jarana* etc. It is believed to impart many desirable properties to *Parada* and reduce its toxic effects. Probably because of this *Parada* is

mostly administered internally in association with *Gandhaka*, as *Parada* preparations without *Gandhaka* are considered to be toxic.

**Pharmacological and therapeutic properties:**

<i>Rasa</i>	<i>Madhura</i> <sup>5</sup> , <i>Katu, Tikta, Kashaya</i> <sup>6</sup>
<i>Guna</i>	<i>Ushna, Sara Snigdha</i>
<i>Viryra</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Karma</i>	<i>Deepana, Pachana, Vishahara, Jantughna</i>
<i>Dosha Prabhava</i>	<i>KaphaVatahara, Pittavardhaka.</i>
<i>Vyadhi Prabhava</i>	<i>Kandu, Visarpa, Krimi, Kustha, Kshaya, Pleeha, Rasayana.</i>

**VATSANABHA:**

**Botanical Name:** *Aconitum ferox*,

**Family:** *Renunculacea*

*Rasashastra* incorporates various *visha dravyas*(poisonous drugs) and *Vatsanabha* is one amongst various *Sthavara vishas* beauty of *Ayurveda* lies in using *visha dravyas* in formulations by detoxicating them, for their therapeutical effectiveness.

**Pharmacological Properties**<sup>7,8</sup>:

<i>Rasa</i>	<i>Madhura, Katu, Tikta, Kashaya</i>
<i>Guna</i>	<i>Ruksha, Teekshna, Laghu, Vyavayi and Vikasi.</i>
<i>Veerya</i>	<i>Ushna.</i>
<i>Vipaka</i>	<i>Madhura.</i>
<i>Doshagnata</i>	<i>Tridosha shamaka, Specially vata, kapha shamaka.</i>

<i>Karma</i>	<i>Vatakaphahara, Jwarahara, Jangama Vishahara, Madakari, Rasayana, Kustaghna, Deepana, Balya, Bruhmana.</i>
<i>Rogagnata</i>	<i>Jwara, Jangama visha, Kusta, Madhumeha, swasa, Kasa, Amavata, Shotha, Plihodara, Agnimandya, Vata rogas, Pandu, Timira, Bhagandara, Arshas, Vrana</i>

**Useful Parts:** *Moola* (tuberous root)

**Dosage:** 1/16 to 1/8 *rati* (7.5 – 15 mg approximately)

#### LAVANGA:

**Botanical name:** *Syzygium aromaticum*                      **Family :** *Myrtaceae*

Clove is one of the most stimulants of aromatics it is carminative and is used in the flatulence and dyspepsia. It is sometimes administered in the form of powder in case of flatulence and indigestion and as infusion to relive nausea and vomiting,

#### Pharmacological Properties<sup>9</sup>:

<i>Rasa</i>	<i>Tikta, Katu</i>
<i>Guna</i>	<i>Laghu, teekshna</i>
<i>Veerya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshagnata</i>	<i>Kapha pitta hara</i>
<i>Karma</i>	<i>Deepana, Pachana, Ruchivardaka</i>
<i>Rogagnata</i>	<i>Amavata, katishoola, gridhrasi, Kasa, Swasa, Mutrakrichha, Jwara, Gulma, Shirashoola.</i>

**Useful Parts:** Dried Flower buds

#### MARICHA:

**Botanical Name:** *Piper nigrum.*

**Family:** *Piperaceae*

#### Pharmacological Properties<sup>10</sup>:

<i>Rasa</i>	<i>Katu Rasa</i>
<i>Guna</i>	<i>Laghu, Teekshna</i>
<i>Veerya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshagnata</i>	<i>Kaphavatahara</i>
<i>Karma</i>	<i>Rochana, Deepana Pramathi shwasa &amp; Kasahara, Krimihara etc.,</i>
<i>Rogagnata</i>	<i>Peenasa, Pravahika, Hridroga, Shoola, Pama, Sthoulya, Grahani.</i>

**Parts used:** Fruit

**Dosage:** Powder 0.5 – 1 gm

#### JATI PHALA:

**Botanical Name:** *Myristica fragrans*

**Family :** *Myristicaceae*

#### Pharmacological Properties<sup>11</sup>:

<i>Rasa</i>	<i>Katu, Tikta, Kashaya</i>
<i>Guna</i>	<i>Tikshna, Snigdha</i>
<i>Veerya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshagnata</i>	<i>Vata Kaphahara</i>

<i>Karma</i>	<i>Mukhadourghandya hara, Shothahara, Vedana Stapaka, Uttejaka, Dipana, Ruchikara, Vatanulomaka, Grahi, Shulahara, Hridya, Kaphagna, Vajikarna, Grabhashayottejaka.</i>
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**Useful Parts:** Seeds

**Dose:** 0.3 – 0.6 gram (5-10 grams).

**CHINCHA:**

**Botanical Name:** *Tamarindus Indica*

**Family :** *Leguminosae*

**Pharmacological Properties <sup>12</sup>:**

<i>Rasa</i>	<i>Amla, Kashaya</i>
<i>Guna</i>	<i>Laghu Ruksha,</i>
<i>Veerya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Amla</i>
<i>Doshagnata</i>	<i>Kaphapitta Samaka</i>
<i>Rogagnata</i>	<i>Pipasa, Utklesh, Katishoola, Amavata, Shotha, Vibandha, Thrishna, Prameha</i>

**Part used:** fruit juice

**Dose:** 4 – 30 grams.

**DISCUSSION:**

The disease *amavata* has symptoms like *angamarda*/body ache, *alasya*/malaise, *gourava*/heaviness, *jwara*/pyrexia, *apaka*/indigestion, inflammation and the drug *Ramabana rasa* works as a analgesic, *vata hara*, *kapha hara*, anti-pyretic, appetizer, anti-inflammatory etc., hence with these qualities *amavata* can be effectively treated.

**CONCLUSION:** This review has presented a collective knowledge on therapeutic, pharmacological and medicinal applications of *Ramabana rasa* and its constituent drugs. This review will also facilitate to gain all about the past scientific research and the necessary information about the enormous pharmacological activities of these drugs which would motivate and lead to further exploration of pharmacological activities of these ingredients to protect human beings from different types of diseases specially joint disorders and may serves as useful treasure for the promotion of health.

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