

## PREPARATION OF NITYODITA RASA IN THREE BATCHES

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### ABSTRACT:

Among all the formulation described for *arsharoga* in *Rasashastra* text, *Nityodita Rasa* is the better herbomineral formulation. Nowadays market sample of this *Rasaushadhi* is not available, so preparation for standardization of *Nityodita rasa* was very difficult task. This is the formulation very effective and potent for *vatakaphaj arsha* and *jirna raktarsha*. The basic reference regarding *Nityodita rasa* under the *arsha rogadhikara* was found in *Rasendrasara samgraha*. For standardization three batches of *Nityodita rasa* were prepared. *Rasasindur* mainly used in *vatakaphaja arsha*, *abhrakabhasma* poses tissue restoration, regulates *dhatu pariposhana*, hence can be useful in *vatakaphaj arsha* and *jirna raktarsha* for better improvement. In *jirna raktarsha* atrophy, degeneration of muscles and nerves at anal region causes painful condition, where *lohabhasma* gives relief from such condition. Main property of *tamrabhasma* is *lekhana*, hence useful in *jirna raktarsha*. *Vatsanabha* possesses the properties like *jwarashamaka*, *swedala* hence can be used in *kaphanubandhi arsha*. *Bhallataka* mainly acts in *vatakaphaj arsha* and used in *kaphaj agnimandya janya arsha*. *Suranakanda* is best *dravya* in *arsha*. Because of that these were the ingredients taken for preparation of *Nityodita rasa*. *Nityodita rasa vati* were prepared without disturbing proportions in three batches. For concrete establishment of standard operating procedure for the preparation of *Nityodita rasa*, more extensive study with preparation of this *kalpa* by both conventional and modern method by adopting various references should be needed. Also animal trial of such a wonderful drug should be needed for efficacy of drug in *arsharoga*.

**Keywords:** *Rasaushadhi*, *Nityodita Rasa*, Standardization, *Arsharoga*.

**INTRODUCTION:** Now a day's *Rasaushadhi* (Herbomineral drugs) becomes more and more popular, because of their uniqueness, acts in low doses, highly potential, don't having annoying taste, gives quick result and hence having edge over the herbal medicines. In this modern era *Ayurvedic* practice becomes tough job, because the competition is with modern medicine which gives quick result, poses emergency medicines. Peoples also want quick relief though they easily ignored *Ahara*, *Vihar* and *Pathyapathya*. Thus can't rely only on *Kashtaushadhi* (Herbal

medicines). *Rasaushadhi* (Herbomineral drugs) helps *ayurvedic* practitioners to compete with modern medicine, because it acts in low doses, more potent, gives quick and permanent relief from disease. But still more *ayurvedic* practitioners doesn't use *Rasaushadhi's* because of lack of knowledge, daring and risky methods of their preparations. There are various types of formulations available in *Rasaushadhi* text on *Arsharoga* (Piles). Various types of *choorna*, *vati*, *gutika*, *rasa*, *asavarishta* are available for this disease. *Arsharoga* is one of the painful and hectic for human being.

Those who are sufferer know the painful stroke of such disease. This disease highly found in non-vegetarian peoples. It is also found in delivered ladies and those peoples who had sitting job carriers. Among all the formulation described in *Rasashastra* text *Nityodita rasa* is more potent than other formulations for *vatakaphaj arsha* and *jirna raktarsha*. Vati of 250 mg were prepared and by same way three batches of *Nityodita rasa* without disturbing their proportion prepared for standardization. This *Rasaushadhi* naturally gives quick result in less time, especially acts in *vatakaphaj arsha* and *jirna raktarsha* (Bleeding piles). Also it isn't routine drug and market preparation of this drug not available nowadays. The preparation of such a drug in limited time is one of the great task. But the faith in *Rasashastra* supported to make such formulation.

#### MATERIAL AND METHODS:

##### Preparation of Nityodita Rasa in three batches

All the ingredients needed for *Nityodita rasa* preparation were taken according to their *Grahyalakshana* before *shodhan* process and then prepared *hasma* of minerals.

**Reference:** *Rasendrasarasamgraha* 2/10-11 (*Arsharogachikitsa*)

##### Equipments:

- 1) *Khalvayantra*
- 2) stirrer,
- 3) measuring instrument
- 4) measuring cylinder
- 5) cloth
- 6) steel plate, etc.

##### Ingredients<sup>1</sup>:

1. *Rasindur* - 05 gms
2. *Abhrakabhasma* - 05 gms
3. *Lohabhasma* - 05 gms
4. *Tamrabhasma* - 05 gms

5. *Shuddha Vatsanabha (aconitum ferox)*  
- 05 gms

6. *Shuddha Gandhaka* - 05 gms

7. *Shuddha Bhallataka (semicarpus anacardium)*- 30 gms

8. *Bhavanadravya* - *Surankanda swarasa* -150 ml (*Amorphophyllus campanulatus*)

**Procedure:** *Rasasindur*<sup>2</sup> (*kupipakva rasayana*) was prepared by equal amount of *shuddha parada* and *shuddha gandhaka kajjali* that is *samguna kajjali* as per classical text reference. *Abhrakabhasma* was prepared by *putapaka* procedure and total 40 *puta* given. First 3 *puta* were given by *guda* and *kalamisora*<sup>3</sup> and then 37 *puta* were given by *arkapatra swarasa*, *dashmula kwatha* and *kumara swarasa bhavana*<sup>4</sup> as per classical text reference. *Lohabhasma*<sup>5</sup> was prepared by *putapaka* procedure and total 17 *puta* given. *Marana* of *loha* was done by *shuddha hingula* and *triphala kwatha bhavana* procedure as per classical text reference. *Tamrabhasma*<sup>6</sup> was also prepared by *putapaka* procedure and total 16 *puta* given. *Marana* of *tamra* was done by *samguna kajjali* and *jambiri nimbu swarasa bhavana* as per classical reference. *Gandhak shodhana*<sup>7</sup> was done by *godugdha* and *goghrita* as per classical reference. *Vatsanabha shodhana*<sup>8</sup> and *Bhallataka shodhana*<sup>9</sup> did according to classical reference. Then all ingredients measured accurately and sieved through the cloth. *Suranakanda swarasa* was prepared by *putapaka* method and kept in a measuring cylinder. First of all *Rasasindur* was taken in *khalva* and then *Abhrakabhasma*, *Lohabhasma*, *Tamrabhasma* mixed with it and triturated (*mardana*) well. Thereafter the *shuddha Vatsanabha powder*, *shuddha Gandhaka* and lastly *shuddha Bhallataka powder* were added and triturated well. Then

*Suranakanda swarasa bhavana*<sup>10</sup> was given for 3 days and the mixture was triturated till it became thick and able to form *vati*. Then *vati* each of weight 2 *ratti* (250 mg average) was prepared by applying *ghruta* over palm, dried and packed in air tight container. It was labeled as 'Batch A'. Same procedure was applied and "Nityodita Rasa" prepared for 2 times and labeled as 'Batch B' and 'Batch C' respectively.

Duration – 3 days

**Precautions:** All ingredients measured accurately. *Suranakanda swarasa* should be added slowly. *Mardana* was done till thick mass formed. The *vati* should be uniform in size. Apply *goghrita* over palm during *swarasa* preparation and *vati* formation.

### OBSERVATIONS AND RESULTS:

- Consistency - rounded, hard
- Colour - grayish black
- Odour - *nirgandha* (odourless)
- Taste - *niswadu* (tasteless)

**Observations of Nityodita Rasa preparation:** All *bhasma* prepared by classical text reference and *parikshana* was done as per *ayurvedic bhasma pariksha* and with the help modern tools. The *bhasma* and other ingredients sieved through cloth were mixed easily. After adding *Suranakanda swarasa*, thick and *pishchhila* (smooth) paste was formed. After three days of *bhavana* and *mardana*, *vati* were formed easily. The *vati* were smooth in touch and grayish black in colour. Average weight of batch A, batch B and batch C *vati* were 238 mg, 261 mg and 239 mg respectively which is near about 250 mg in all three batches.

**Table 1: Nityodita rasa ayurvedic parikshan**

Product	Shabda	Sparsha	Rupa	Rasa	Gandha
Nityodita Rasa	-	Smooth, Alpa bhangura	Grayish black, rounded in shape	Niswadu	Nirgandha

**Table 2: Raw drugs study of Nityodita rasa ingredients.**

Sample	Test	Value
Mercury	Assay as Hg	99.94 % w/w
Sulphur	Assay as Sulphur	99.74 % w/w
Mica	Aluminium as Al <sub>2</sub> O <sub>3</sub>	11.26 % w/w
	Iron as Fe <sub>2</sub> O <sub>3</sub>	2.61 % w/w
	Silica as SiO <sub>2</sub>	48.39 % w/w
	Magnesium as MgO	23.16 % w/w
	K <sub>2</sub> O content	3.82 % w/w
Iron	Assay as Fe	95.19 % w/w
Copper	Assay as Cu	99.16 % w/w
Impure Vatsanabha	Total alkaloids	0.45 % w/w

Impure <i>Bhallataka</i>	Foreign matter	0.84 % w/w
	Loss on Drying	2.47 % w/w
	Total ash	3.76 % w/w
	Acid insoluble ash	0.41 % w/w
	Water soluble extractive	6.14 % w/w
	Alcohol soluble extractive	13.10 % w/w
	Fatty Acids	36.12 % w/w
	Unaponifiable matter	2.31 % w/w
	Phenolic constituents	Positive

Table 3: Analysis of *vishadravya* after *shodhana*

<i>Vishadravya</i>	Test	Value
<i>Shodhita Vatsanabha</i>	Total Alkaloids	0.08 % w/w
<i>Shodhita Bhallataka</i>	Foreign matter	0.89 % w/w
	Loss on Drying	3.10 % w/w
	Total ash	3.95 % w/w
	Acid insoluble ash	0.44 % w/w
	Water soluble extractive	5.11 % w/w
	Alcohol soluble extractive	11.05 % w/w
	Fatty Acids	38.49 % w/w
	Unaponifiable matter	1.86 % w/w
Phenolic constituents	Negative	

Table 4: Analysis of *Rasasindur* and *Bhasma* during in process study<sup>11</sup>

S.N.	Test	<i>Rasasindur</i>	Value of <i>Abhrakabhasma</i>	Value of <i>Lohabhasma</i>	Value of <i>Tamrabhasma</i>
1	Loss on drying (% w/w)	0.13	0.16	0.095	0.02
2	Total ash	0.88	99.21	99.36	95.41
3	Acid Insoluble Ash (% w/w)	0.06	58.37	0.84	1.18
4	Iron as Fe (% w/w)		14.79	65.18	-
5	Copper as Cu (% w/w)	-	-		61.24
6	Mercury as Hg (% w/w)	82.22	-	-	-
7	Sulpher as S (% w/w)	13.62			-

Table 5: Analysis of *Nityodita Rasa* in three batches.

Sr. No.	Test	Batch	Batch B	Batch C
1	Disintegration Time (min.)	28.17	28.35	29.10

2	Loss on drying w/w)	4.81	7.23	6.83
3	Total Ash (% w/w)	29.48	31.05	31.63
4	Acid Insoluble Ash (% w/w)	2.06	2.12	2.38
5	Acid Soluble Ash (% w/w)	27.42	28.94	29.25
6	Water Insoluble Ash (% w/w)	18.62	19.36	20.56
7	Water Soluble Ash (% w/w)	10.86	11.70	11.06
8	Water Soluble Extractive (% w/w)	13.88	13.57	13.54
9	Alcohol soluble Extractive (% w/w)	13.11	7.82	11.00
11	Mercury as Hg (% w/w)	7.93	8.06	8.20
12	Total Sulphur as S (% w/w)	4.02	4.36	4.08
13	Iron as Fe (% w/w)	8.63	8.44	9.01
14	Copper as Cu	7.55	6.86	8.23
15	Average Weight (grams)	0.238	0.261	0.2391

**DISCUSSION:** Three batches of *Nityodita rasa* were prepared without disturbing the proportion of ingredients and duration for standardization of drug, because this is not mentioned in API. Market preparation of this drug is not available nowadays. *Nityodita rasa* is a complex formulation as it contains *Rasasindur*, *bhasmas* like *Abhraka*, *Loha*, *Tamrabhasma*, *vishadravyas* like *Vatsanabha* and *Bhallataka* and *Suranakanda swarasa bhavana*. The *kalpa* was prepared according to reference of *Rasendrasarasamgraha* with specific methods of *shodhana* and *marana* ac-

ording to indications. *Nityodita Rasa* is a *kharaliya rasayana* in which *Rasasindur* is *kupipakva rasayana* as an ingredient and all the ingredients were mixed in the *kharala* and triturated. *Suranakanda swarasa* was used as *bhavanadravya* which slowly added to the mixture till it became wet and triturated. *Suranakanda swarasa* is sticky, hence acts as binding agent. Also it acts as *anuloman* and acts in *arsha* (piles), hence taken in *Nityodita rasa* as *bhavanadravya*. The mixing and *bhavana* procedure was done for 3 days in each batch. It should be cautiously used in *jirnaktarsha*, because it contains

*Bhallataka* which is *ushna*, *tikshna*<sup>12</sup> in nature. So it should be used with *pittashamak anupana* and *ghrita* in *jirnaraktarsha*. Average weight of batch A, batch B and batch C *vati* were 238 mg, 261 mg and 239 mg respectively which is near about 250 mg in all three batches.

**CONCLUSION:** In the text, *Nityodita rasa* is mentioned as a remedy for all types of *arsha*, but regarding action and contains of drug it is mainly useful in *vatakaphaj arsha*, *jirna raktarsha*<sup>13</sup> and its complication like *raktarshajanya agnimandya* and *pandu*. Quality of final product depends on the raw drug selection. For the preparation of drug the raw material was selected according to *grahyalakshanas* and on the basis of analysis in laboratory. Analysis of raw material suggests it is of good quality. It concludes that although a criteria for raw material selection is subjective, but it is of great significance. There are so many formulations available in the text for the treatment of *Arsharoga*, but *Nityodita rasa* is one of the best formulation of *Rasashastra* mentioned in the text. *Nityodita Rasa* is the combination of *Kupipakva rasayana* and *Kharaliya rasayana* containing *Rasasindur*, *Bhasmas* like *Abhraka*, *Loha*, *Tamrabhasma* and *Vishadravyas* like *Vatsanabha*, *Bhallataka*. In *Nityodita Rasa*, *Triphala kwatha* was used for *Lohabhasma* preparation, Because it enhances *Pachana* and absorption of *Loha*, also relieves *malavashtambha* (constipation) caused by *lohabhasma* which is very usefull in *Nityodita rasa*. *Suranakanda swarasa* is used as *bhavanadravya* which was prepared by *putapaka* method, mainly used for the purpose of *Anuloman* and property of *Surankanda* is *arshoghna*<sup>13</sup>. *Nityodita rasa* is one of the best formulation in the ancient *Rasashastra*. With the help of

various test analysis of drug done by modern instruments and after clinical trials may able to show reality of mercurial drugs, while the modern medicinal peoples are discussing about side effects of such drugs. *Nityodita rasa* plays a vital role in chronic bleeding piles (*jirna raktarsha*) and *vatakaphaj arsha*. For concrete establishment of standard operating procedure for the preparation of *Nityodita rasa*, more extensive study with preparation of this *kalpa* by both conventional and modern method by adopting various references should be needed.

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