

## A Review on the Uniqueness of Rasayana Adhikara of Rasaratna Samuchchaya

<sup>1</sup>Dr. Chithkala R Sharma, <sup>2</sup>Dr. Manoj Kumar Samantaray, <sup>3</sup>Dr. Vikram S  
PG Scholar, Department of PG Studies in Rasashastra and Bhaishajya Kalpana, Sri Sri College Of Ayurvedic  
Science And Research, Bengaluru, Karnataka  
Professor, Department of PG Studies in Rasashastra and Bhaishajya Kalpana, Sri Sri College Of Ayurvedic  
Science And Research, Bengaluru, Karnataka  
Professor, HOD, Department of PG Studies in Rasashastra and Bhaishajya Kalpana, Sri Sri College Of  
Ayurvedic Science And Research, Bengaluru, Karnataka  
PG Scholar, Department of PG Studies in Rasashastra and Bhaishajya Kalpana, Sri Sri College Of Ayurvedic  
Science And Research, Bengaluru, Karnataka

Submitted: 05-06-2022

Revised: 18-06-2022

Accepted: 27-06-2022

**ABSTRACT:** Vaidya has to always instigate such practice which keeps an individual Swastha and thereby maintains the Swasthya of the society [1]. Rasayana is that which brings about vigor in Swastha. The means by which Deerghayu, Medha, Kanti and the like are obtained comprise the Rasayana. These can be Dravyapradhana or Achara Rasayana. In the category of Dravyapradhana, single Dravya, compound formulation, various Kalpana can act as Rasayana.

The Grantha Rasaratna Samuchchaya stands distinct in its

Rasayana Adhikara while describing Yoga as simplest he combination of Triphala, Mastu and Kantalooha Bhasma and including range of Kalpana such as Churna, Taila, Ghrita, Vati, Rasa. Hence, this is an attempt to explore the uniqueness of this Adhyaya which would benefit in day-to-day practice of Vaidya.

**KEYWORDS:** Rasaratna Samuchchaya, Rasayana, Jyotishmati, Triphala

### I. INTRODUCTION:

By and large the primary purpose of all the Ayurveda Grantha is to maintain the Swasthya of the Swastha. Among the Ashtanga of Ayurveda, Rasayana Tantra to a greater extent is designed in this direction. It is a branch with wide sphere of applications to achieve Swasthya as a whole through the four limbs of Ayu: Sharira, Indriya, Manas and Atma. This can be fulfilled through the means of Dravya and / or Achara.

Rasashastra being a Dravyapradhana Science has in its various Yoga of Rasayan including Rasadravya, Audbhidra dravya formulated into different Kalpana. An Arsha Rasa Grantha Rasaratna Samuchchaya written by

YRasa Vagbhata in the 13<sup>th</sup> century consists of 30 Adhyaya. The first 11 Adhyaya in their entirety expound all knowledge about Rasa (Parada), Maharasa, Uparasa, Sadharanarasa and other Rasadravya along with tools

required for procedures of Rasashastra. Beginning from 12<sup>th</sup> Adhyaya Acharya explains Vyadhi, respective Rasayogaw here as in the last five Adhyaya he describes in detail about Rasayana, Vajikarana,

Lohakalpa, Vishakalpa, Rasakalpa.

The review taken up here is on the Rasayana Adhikara, 26<sup>th</sup> Adhyaya of Rasaratna Samuchchaya with 'Siddhiprada' Hindi Vyakhyana of Acharya Siddhinandan Mishra [2].

### II. MATERIALS AND METHODS:

Acharya Rasa Vagbhata begins the Adhyaya with the benefits of Rasayana and moves further to mention the five reasons for Jara which is a unique concept in this Adhyaya. In his opinion Pantha (excessive traveling), Sheeta (both Ahara-Vihara), Kudhanya, (inferior variety of grains), Maithuna with aged woman and all those factors unfavorable to Manas are the causes for ageing.

Next in the description comes number of Rasayanayoga with extensive Phalashruti. The Adhyaya in total has 30 Rasayanayoga which may be classified as:

1. **Kevala Rasagandhaka Rasayana** – Ingredients being Parada and Gandhaka
2. **Chikitsa Kala Avadhi** – Duration of intake of Rasayana
3. **Triphala Rasayanam** – Triphala as Pradhana Dravya
4. **Ayu Pramana** – Rasayanayoga quoting length of life

5. **Svarnayukta Rasayanam** – Svarnacontaining Yoga
6. **Kantaloha Pradhana Rasayana** – Kantaloha Bhasmacontaining Yoga
7. **Rogahara Rasayanam** – Diseaseeradicating

**Classification of Yoga:**

1. **Kevala Rasagandhaka Rasayana** – Vardhakyahara Rasayana, Udayaadyarasa, Sarvarog aghna.
2. **Chikitsa Kala Avadhi** – Pakshika, Masika, Shanmasika, Ashtamasika, Varshika, Trivarshika, Pathadi Ghrita, Narikelapaka.
3. **Triphala Rasayanam** – Prathama, Dvitiya, Tritiya, Chaturtha.
4. **Ayu Pramana** – Tripurusha Ayushkara, Sahasrarvarsha Ayushkara.
5. **Svarnayukta Rasayana** – Hemadhatri Rasayanam, Pippalyadi Rasayana, Kamalavilasarasa.
6. **Kantaloha Pradhana Rasayana** – Prathama, Dvitiya, Tritiya, Kantabhraka, Shadanga, Tapyadivataka.
7. **Rogahara Rasayanam** – Kushtadihara, Sarvarogantakara, Jyotishmati Taila Rasayana, Lakshmi vilasarasa.

**Highlighting few of the Rasayanayoga:**

**1. Sarvarogaghna**

Method of preparation: A Mushameasuring length of a Tindukaphala, breadth of 16 Angulahas to be placed in a Bhandafilled 1/4<sup>th</sup> with Valuka. Into this Dviguna Gandhaka Jarita Rasahastobeputand Pakatobedone for 1 Yama. Once the Gandhaka Dhumar educes, Kakanasa Svarasa, Tambulapatra Svarasa, Dh

attoora Svarasa and Meghanada Svarasa are to be added in the said order and Paka to be completed. Phalashruti: Sarvarogaghna, Valipalitajit

**2. Shanmasika Rasayana**

Method of preparation: Rasa Gandhaka Pishti has to be done. To this Vishnukranta, Aruna, Agasti, Kshirini, Tanduliyaka Dravya are added and Mardana with Stristanyahasto be carried out. Alongside the internal administration, Udvartana with Yava, Tila, Ghrita and Koushadrahas to be performed.

Phalashruti: Karshyajit, Jarajit, Ayusha Vruddhi in 6 months

**3. Ashtamasika Rasayana**

Method of preparation: During the Ashadhamasa Purvapaksha best Beeja have to be collected from yellow glowing fruits of Jyotishmati. Tailahastobextracted combinedly by mashing and Tila Taila like extraction. Together with equal quantity of Ksheera and 1/4<sup>th</sup> of Makshika Bhasma Pakatobedone until only Tailaremain. The prepared Taila mixed with Kola (6g) Pramana each of Karpura, Tvak, Jatiphala is poured into Snigdhabhanda, the Bhandais placed amidst Dhanyarashi.

Dosage: One Palaat Suryodaya for 8 months

Effects after administration: Intake of this Taila leads the person to unconsciousness. Then gradually when consciousness is regained the person laments and weeps.

Phalashruti:

Masa	Phalashruti
Prathama Masante	Shrutidhara
Dvitiya Masante	Suryasannibha
Trutiya Masante	Devaih Pujyate
Chaturtha Masante	Na drushyate
Pancham Masante	Khechara
Shashtham Masante	Siddhah Milati

SaptamMasante	VishnusamadinamJeevet
AshtamMasante	JeevanmuktahBhavet

#### 4. VarshikaRasayana

Method of preparation: ShuddhaGandhaka and LauhaBhasma have to be finelygrindedwithTriphalaVaari.

Methodofintake:TheRasayogacombinedwithMadhu andGhrithastobeconsumed for 1 year.

Phalashruti:Kalimakeshata,Deerghadrushti, Pushti,Viryra,Deerghayu

#### 5. TrivarshikaRasayana

Method of preparation: A pit of one Aratni size has to be dug, inside which a TamraPatrahastobeplaced.ThisPatrahastobefilledwithTailaandclosedwithSharava.AfterproperSandhibandhana,the pithastobefilledwithmudandleveledwithround.Over which, continuous Mandagni with Tusha has to be given continuously for 6months and later the Patra has to be taken out. The Taila inside the Patra should befilteredandstored.

Method of intake: Starting with one Masha it has to be increased one Masha everydayuptooneNishka.Thenthesamedosageofone Nishkahastobeadministereddailyfor3 years.

Phalashruti:Mahakavitva

#### 6. TripurushaAyushkaraRasayana

Methodofpreparation:OnePrastha(768ml)eachofTaila,Ghritha,fourPrasthaof Ksheerahastobe cooked untiltwoPrastha remains.

Phalashruti:Continuous intakeupto1month results inAyuPramanaof 360years

#### 7. TriphalaRasayana

Method of preparation: Triphala has to be done Peshana with AsanaUdaka and keptovernightinan iron vessel.

Phalashruti: The formulation licked with Madhu takes away Sthaulya[3], Jara, SarvaGada

#### 8. HemadhatriRasayana

Methodofpreparation:HemasamkaritaAmalakiPhal ahavetobecollected.Bhavanahastobegiven with Gayatri (Khadira)Rasa.

Methodofintake:IntheformofinfectustheRasayanahas tobconsumedfollowedbyKsheerapana.

Phalashruti:Person withRishtaLakshanalives

#### 9. PathadiGhritha

Method of preparation: 3 liters of BrahmiSvarasa has to be extracted by crushing inUlookhalaYantramadeoutofPalashaVruksha.KalkaDravyahastobepreparedwithPatha,Dhatri, Haridra,TrivrutChurna. OnePrasthaof GoGhritha hasto be taken.

AllthethreetogetherhastokeptforGhrithaPakaandcook edasperGhrithaPakaVidhi.

Method of intake: Ghritha has to be ingested with adjuvant such as Churna of Vidanga,Krishna,Jatamansi and Lavana.

Phalashruti:Differentgainsaccordingto differenttimeperiodconsumption:

Avadhi	Phalashruti
Saptaratri	Soukaryata
Paksha	Mativishadatva
Masa	Chaturya,Kavitva,SakalaKalaabhijnta

#### 10. Narikelapaka

Method of preparation: Seven individual Bhavana with KarpasamajjaDugdha toVarahi, Mushalikanda, Kanaka, Ahiphena, Kapikacchuphala have to be given. Afterhaving dried in sun, it has to be filled into ripened coconut through 1 of the 3 Dvara. In32 times of

Goudugdha, Paka has to be done with continuous stirring until solidconsistency is attained. Once cooled down, the cooked and crumbled Paka has to befried in Ghee and added with PrakshepakaDravya like JatiphalaChurna, LavangaChurna,ElaChurna.

Method of intake: 1 Shana (3g)  
with Ksheera Anupana

Phalashruti: In 7 days, the Narikelapaka Rasayana subsides Vataroga, Prameha, Balakshaya. Taruntava, Praharsha are also bestowed

### III. DISCUSSION:

The formulations are a mixture of concise and elaborate descriptions. Some of the Yoga have detailed explanation including method of preparation, Anupana, method of intake (Jyotishmati Taila Ashtamasika Rasayana), on the other hand there are Yoga where only the ingredients have been mentioned (Sahasravarshayushkara Rasayana, Kanta Rasayana-2). A handful of Yoga may be seen including

detailed explanation of proportion of ingredients along with Anupana, dosage. There are also Yoga where few of the necessary details are left behind. Thus, it may be put as the Rasayanayoga described in this Adhyaya do not have a common pattern. Nevertheless, simple and efficacious Yoga like Triphala triturated with Asana Udaka or Yamaka with Taila, Ghrita and Ksheera and many more outweigh the drawbacks. It is also interesting to note in 3 of the Yoga specific Patra namely Tamra, Kantasharava, Ayah Kapala have been cited hinting us at the ancient knowledge of essential minerals required to the body. All in all this Adhyaya with both benefits and drawbacks have wonderful fruit yielding Yoga which makes it necessary for the Ayurveda fraternity to include in their practice as well as research projects.

### IV. CONCLUSION:

In essence, Rasa Vagbhata has expounded Rasayana Adhikara where in the formulations can be sorted as: Rasadravya predominant, Kashtaushadhi alone, Rasa and Kashtaushadhi combination including various dosage forms like Rasa, Churna, Taila, Ghrita, Vati, Paka. With regard to Rasayana, nalabha in some of the Rasayanayoga particular outcome on disciplined intake has been mentioned and few of them are said to be powerful enough to bring back life in critical patients.

### REFERENCES:

- [1]. Mishra BS, Bhavaprakash of Sri Bhavamishra, Purnavakhandya, Adhyaya 5, verse 12, Varanasi: Chowkhamba Sanskrit Series Office. 2018; Page no. 110
- [2]. Mishra S, Rasaratna Samuchhaya of Sri

Vagbhat Acharya with Siddhiprada Hindi Commentary, Adhyaya 26, Verse 1-58, Varanasi: Chaukhamba Orientalia, 2021; Page no 602-612

- [3]. Tripathi I, Rasaratna Samuchhaya of Sri Vagbhat Acharya with Rasaprabha Hindi Commentary, Adhyaya 26, Verse 27, Varanasi: Chaukhamba Sanskrit Sansthan, 2009; Page no 350-351