

Critical Review of Jwarankusa Rasa

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ABSTRACT

Rasayogas in Ayurveda have a wide range of therapeutic utility since they are fast acting even in smaller doses. Acharya Charaka mentioned, Jwara is the foremost of all diseases, so it needs a special attention. Wide variety of Rasa yogas were mentioned in classics for Jwara. Jwarankusa rasa is a well known herbo mineral formulation specially indicated for vishamajwara and it is mentioned on Bhaishajya Ratnavali Jwarachikitsa. There are various references available for Jwarankusa rasa with various ingredients and different methods of preparation. Here effort is taken to critically review different methods of preparations of Jwarankusa rasa

KEYWORDS: Jwarankusarasa, Rasasouhadhi, Mercu rial preparations, Herbo mineral preparations

I. INTRODUCTION

Ayurveda being one of the ancient systems of medicine has its own identity among all other systems. In the present era, Rasoushadhis are gaining more popularity due to scarcity of herbal drugs as well as due to fast action in small doses. Rasoushadhis are used in alpanatra and faster absorption and assimilation in body is much faster as it is subjected to many samskaras. Jwarankusa rasa is one such formulation mentioned in Bhaishajya Ratnavali Jwarachikitsa specially indicated for vishamajwara. It has also many other references, different ingredients, various methods of preparation and indicated in many other diseases. Some of the different methods of preparation explained by acharyas in various classical textbooks.

Table No 1: Different methods of preparation of Jwarankusa rasa

Metho d No	Reference	Ingredients	Bhavana Dravya	Dose	Indication	Anu pana	Pathy a
1	Rasendrasara sangraha ¹	Parada 1 part Gandhaka 2 parts Tankana 2 parts Vatsanabhi 1 part Maricha 5 parts Dantibeeja 5 parts Katphala 5 parts	Bhavana for 1 yama Drava dravyanote mentioned hence water can be used	125mg	Tridoshajajee rnejwara	-	-
2	Rasa ratna samucchaya ²	Tankana Rasa Gandhaka Jayapalabeeja Saindhava Maricha	Nimbu rasa For 3 days	125 mg	Sarvajwaravi nasana	-	-

		Sankha Chinch kshara Swarnamaks hika					
3.	Sharangadhara Samhita ³ Vrndanigantur atnakara Rasa chandamsu Rasa kamadenu	Mrgasrnga Jwalamughir asa equal parts Kept in a banda Pachana in chullifor 2 yama After swangaseeth a add 1/8 part trikatuchurna	-	1 nishka with half part nagabaly a	Vatapithajwar a ,Sarvajwara	-	-
4.	Rasayanasara chikitsa ⁴	SuddhaManasila SuddhaHarit ala SuddhaGand haka SuddhaParad a Kept between Tamra Covered with dhatturaleav es and covered with mitti Given kukkutaputa	-	-	SeetaJwara	Sita	Ksheer odana
5	Rasa kamadhenu ⁵	ShikhiTutha m Somala Haramsham should be taken in equal quantity	krshnadattur atoya	-	Sadhyaasadh yaVishamajw ara	-	-
6	BhapraMadhy ama khanda ⁶	Darumusha Tutha Rasaka each 3 tanka	kanaka drava for 3 days	125 mg	TarunaJwara ,VishamaJwar a,Jeernajwara ,Sarvajwara	Mari cha and Tulas idrav	Dugdha abakta with Sarkar a

						a	
7	Rasa Kamadenu ⁷	Rasa sindoora ½ bhaaga Haratala3 bhaga Manasila 12 bhag	Snuhiksheer a	3 Gunja	Jwara	-	-
8	Rasa Prakasha Sudhakara ⁸	Rasa Gandhaka Karavi Kana Visha Dantibeeja (karma vardhitha)	10 Nimbuswara sa	1 ratti	SarvaJwara Vishoochika	-	-
9.	Bhai.Ratnavali ⁹	Parada Gandhaka Tankana Haritala Vatsanabhi Sunti	Brngarajasw arasa for 3 days	125 mg	Vishamajwar a Jwaratisara Mandagni	Mad hupi ppali	-
10.	Bhai.Ra ¹⁰	Parada Gandhaka Dhatturabeej a Vyosha	-	2 gunja	Sarvajwara	Jamb heera rasa Ardr aka rasa	-

II. DISCUSSION

Jwarankusa rasa is an important formulation mentioned in Rasa classics. In Bhaishajya Ratnavali it is mentioned among Jwaraharayogas and is mentioned as one among best yoga for Vishamajwara. Almost 10 different yogas of Jwarankusa rasa are taken from various rasa granthas. Other than Bhaishajyaratnavali, references of Jwarankusa rasa can be traced from Rasendrasarasangraha, Rasa Prakasha Sudharakara, S harangadhara Samhita, Vrindaniganturatnakara, Rasa Chandamsu. In certain references Jwarankusa rasa consists of only non-herbal ingredients and in other references we can find it as herbomineral combination. Majority of the yogas contains ingredients such as Parada, Gandhaka, Tankana, Haritala, Manasila among the non-herbal ingredients and Vatsanabha, Sunti, dantibeeja, datturabeeja among the herbal ingredients. It is mainly indicated in diseases such as Jwara, Jwaratisara, Vishamajwara, Vishoochika. Rasa dravyasarerasyanayogavahi and possess

amadoshanirharanaproperty. Because of fine particle size they have ability to act at subtle level. According to Ayurveda, pithapradhanadoshadushti and amadosha are the main causes of jwara. As a result, pithahara, srotosodhaka, deepana, pachana, swe dajanana are the qualities should be present in jwaragnadravyas. The most prevalent herbal constituents in these compositions include, sunti, maricha, pippali, vatsanabhi etc. They all have jwaragnaproperties. On the other hand, kajjali, rasisindoora, parada, hingula, and other rasa oushadis act as bio enhancers to effectively augment the qualities of the above medications. Rasaoushadis also have sadyodeepanapachana qualities and particularly effective in amadoshanirharana.

III. CONCLUSION

Since Jwarankusa rasa has multiple pharmacotherapeutic properties, it is beneficial in various diseases and it could be considered as an important contribution of Acharyas. Thus being so, the herbal ingredients in combination with the

appropriate rasa oushadis have the ability to effectively treat variousjwara conditions

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