



## A Review on Vata Vidhwansa Rasa : An Herbo Mineral Formulation

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### ABSTRACT

Ayurveda is the oldest existing medical system which is getting importance globally. Ayurveda has many branches as well as rasa shastra and bhaisajyakalpana. Rasashastra is a branch of ayurveda which is responsible for the preparation of various formulation like herbal, mineral & herbomineral. Rasa shastra means the science of mercury but also refers to the preparation of minerals metals suitable for the body so that they can be used as medicine. It considered toxic but with proper shodhana process (purification method), they can be turned in to therapeutic medicine. Vatavidhwansa rasa is the formulation which is a herbo- mineral kharliyarasayan which is used in vataja disorder like udararoga (Abdominal diseases), vibandha (Constipation), amadosha (indigested food), adhman (Distended abdomen), anaha (Distended abdomen with pain), grahni (Irritable bowel syndrome), sarvangshul (Body pain). In differerent text of rasa shastra there are different type of Vatavidhwansa rasa are available in the classics. Here is an attempt to compile all the references of Vatavidhwansa rasa and discussed on the different aspect of formulation. it can be applied for practice analysis of Bisoprolol Fumarate (BF) and Perindopril Erbumine (PE) in bulk drug.

**Keywords:** Vatavidhwansa rasa, Kharaliyarasayana, Vatavyadhi

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### INTRODUCTION

Rasa shastra has been placed with great important in ayurveda. In rasa shastra kharaliya rasayan are the type of preparation which are prepared in kharal (Mortar & pestle), mardana with or without bhavana dravyas for specific period of time and agni samskara are not given to it. Numerous formulations comes under the kharaliya rasayana. Vatavidhwansa rasa is one such herbomineral kharaliya rasayana which are used in vatavyadhi. In present era, vatavyadhi is the most prevalent disease. This science is based on the entities like. Tridoshas, (Vata, Pitta, Kapha) among the three, Vata is the most important one. In vata disorder vata is the only dosha which is responsible for vitiation of other two dosha as well as dhatu & mala. so, a proper understanding of concept of vata is required in order to keep all the body function in equilibrium [1-2].

### Table: 1 VATA VIDHWANSA RASA 1

Reference from : Vaidhyachintamani, Rasayanasangraha, Bruhatnighantu ratnakara [1]

S.NO.	NAME OF INGREDIENTS IN SANSKRIT	ENGLISH NAME	QUANTITY
1.	Suddhaparada	Purified Mercury	1 part
2.	Sudhhagandhaka	Purified sulphur	1 part
3.	Tamrabhasma	Copper	1 part
4.	Lohabhasma	Iron	1 part
5.	Swarna makshika	Copper pyrite	1 part
6.	Sudhvatsanabha	Aconitum ferox	2 part
7.	Sudhajaypal	Croton tiglium	1 part
8.	Sudhaharatal	Purified orpiment	1 part
9.	Trikatu	Mixture of Zingiber officinale, Piper nigrum, Piper longum	Q.S.
10.	Nirgundi	Vitex negundo	Q.S.

11.	<i>Surana</i>	<i>Amorphophallus campanulatus</i>	Q.S.
12.	<i>Arkadugdha</i>	<i>Celotropisprocera</i>	Q.S.
13.	<i>Bhrungrajswaras</i>	<i>Eclipta alba</i>	Q.S.
14.	<i>Dhaturaswaras</i>	<i>Dhatura metel</i>	Q.S.

**Table 2: VATA VIDHWANSA RASA 2**

Reference from : *Rasa chandamsu, Yogratnakara, Rasa tantra sasa siddha prayogasangraha, Bruhat yoga tarangini, Nighantu ratnakara, Ratnakaraausdhayog, Rasa komudi, Rasasangrahasiddhanat, Vasavrajyam, Vaidhyachintamani, Rrasamuktavali, Rasayanasangraha, Vaidhyavilasa, Rasa parijata, Ayurveda Sara Sangrha* [2]

S.NO.	NAME OF INGREDIENTS IN SANSKRIT	ENGLISH NAME	QUANTITY
1.	<i>Suddhaparada</i>	Purified Mercury	1 part
2.	<i>Suddhagandhaka</i>	Purified sulphur	1 part
3.	<i>Naga bhasma</i>	Lead	1 part
4.	<i>Vanga bhasma</i>	Tin	1 part
5.	<i>Lohabhasma</i>	Iron	1 part
6.	<i>Tamrabhasma</i>	Copper	1 part
7.	<i>Abharakbhasma</i>	Mica	1 part
8.	<i>Pippali</i>	Piper longum	1 part
9.	<i>Tankan</i>	Borex	1 part
10.	<i>Trikatu</i>	Mixture of <i>Zingiber officinale, Piper nigrum, Piper longum</i>	1 part
11.	<i>Vatsanabha</i>	<i>Aconitum ferox</i>	4 ½ part
12.	<i>Triphala</i>	Mixture of <i>Terminalia chebula, Terminaliyabelerica, Embelicofficinalis</i>	Q.S.
13.	<i>Chitraka</i>	<i>Plumbago zelaynica</i>	Q.S.
14.	<i>Brunqarajaswaras</i>	<i>Eclipta alba</i>	Q.S.
15.	<i>Kustha</i>	<i>Saussurealappa</i>	Q.S.
16.	<i>Arkadugdha</i>	<i>Calotropis procera</i>	Q.S.
17.	<i>Nirgundiswaras</i>	<i>Vitex negundo</i>	Q.S.
18.	<i>Amla swaras</i>	<i>Phyllanthus emblica</i>	Q.S.
19.	<i>Adrakaswaras</i>	<i>Zingiber officinale</i>	Q.S.
20.	<i>Nimbuswaras</i>	<i>Citrus limon</i>	Q.S.

**VATA VIDHWANSA RASA 3 (Table no.3)**

Reference from : *Rasa chandamsu, Rasendra chintamani*[3]

S.NO.	NAME OF INGREDIENTS IN SANSKRIT	ENGLISH NAME	QUANTITY
1.	<i>Suddhaparada</i>	Purified Mercury	1 part
2.	<i>Suddhagandhaka</i>	Purified sulphur	1part
3.	<i>Suddhavatsanabha</i>	<i>Aconitum ferox</i>	1/16 part
4.	<i>Chitrakakwath</i>	<i>Plumbago zelaynica</i>	Q.S.

**VATA VIDHWANSA RASA 4 (Table no. 4)**

Reference from : *Rasa raja sundra, Nighantu ratnakara, Vaidhyavilasa, Rasayana sangraha*[4]

S.NO.	NAME OF INGREDIENTS IN SANSKRIT	ENGLISH NAME	QUANTITY
1.	<i>Suddhaparada</i>	Purified Mercury	1part
2.	<i>Tankana</i>	Borex	1part
3.	<i>Suddhagandhaka</i>	Purified sulphur	1part
4.	<i>Pashanabheda</i>	<i>Inula racemosa</i>	1part
5.	<i>Vatsanabha</i>	<i>Aconitum ferox</i>	1part
6.	<i>Varatikabhasma</i>	Cowry	1part
7.	<i>Suddharatal</i>	Purified orpiment	1part
8.	<i>Trikatu</i>	Mixture of <i>Zingiber officinale, Piper nigrum, Piper longum</i>	1part
9.	<i>Dhaturaswarasa</i>	<i>Datura metel</i>	Q.S

**VATA VIDHWANSA RASA 4 (Table no.5)**

Reference from : *Rasendra sara sangraha, Rasa chandamsu, Rasa raja sundra, Rasayanasangraha, Rasa ratnanimala, Rasendrakalpadruma, Rasaratna samuchya*[5]

S.NO.	NAME OF INGREDIENTS IN SANSKRIT	ENGLISH NAME	QUANTITY
1.	<i>Suddhaparada</i>	Purified Mercury	1 part
2.	<i>Abharakasatvabhasma</i>	Mica	2 part
3.	<i>Kankshi</i>	Potash alum	3 part
4.	<i>Swarna makshika</i>	Copper pyrite	4 part
5.	<i>Suddhagandhaka</i>	Purified sulphur	5 part
6.	<i>Suddhaharatal</i>	Purified orpiment	6 part
7.	<i>Erandataila</i>	<i>Ricinus communis</i>	Q.S
8.	<i>Nimbuswarasa</i>	<i>Citrus limon</i>	Q.S

**VATA VIDHWANSA RASA 5 (Table no.6)**

reference from : *Rasayansangrah*

S.NO.	NAME OF INGREDIENTS IN SANSKRIT	ENGLISH NAME	QUANTITY
1.	<i>Suddha parade</i>	Purified Mercury	1 part
2.	<i>Suddhagandhaka</i>	Purified sulphur	1 part
3.	<i>Vatsanabha</i>	<i>Aconitum ferox</i>	1 part
4.	<i>Pippali</i>	Piper longum	1 part
5.	<i>Suddhamanasila</i>	Purified realgar	1 part
6.	<i>Suddhaharatal</i>	Purified orpiment	1 part
7.	<i>Triphala</i>	Mixture of <i>Terminalia chebula</i> , <i>Terminaliyabelerica</i> , <i>Embelicofficinalis</i>	1 part
8.	<i>Indra varuni</i>	<i>Citrullus colocynthis</i>	1 part
9.	<i>Trikatu</i>	Mixture of <i>Zingiber officinale</i> , <i>Piper nigrum</i> , <i>Piper longum</i>	1 part
10.	<i>Tulasi</i>	<i>Ocimum sanctum</i>	1 part
11.	<i>Sahijana</i>	<i>Moringa oleifera</i>	1 part
12.	<i>Poshkara</i>	<i>Inula racemosa</i>	1 part
13.	<i>Dantimoola</i>	<i>Balispermum montanum</i>	Q.S.
14.	<i>Brungrajswarasa</i>	<i>Eclipta alba</i>	Q.S.

**Table 7: PROPERTIES OF RASA DRAVYAS WHICH ARE PRESENT IN VATA VIDHWANSA RASA [6-19]**

S.NO.	INGREDIENT	PROPERTIES
1.	<i>Suddha parada</i> (Purified Mercury)	<i>shadrasa</i> (six type in taste), <i>snigdha</i> (sliminess), <i>sara</i> (mobility) , <i>guru</i> (heavyness), <i>ushnavirya</i> (hot in potency), <i>madhuravipaka</i> , <i>yogvahi</i> (Catalyst), <i>tridosahara</i> , <i>rasayana</i> (rejuvenative), <i>balya</i> , <i>vrusya</i> (aphrodisiacs)
2.	<i>Suddha gandhaka</i> (Purified sulfur)	<i>Garavishahara</i> , <i>kshudrakushthahara</i> (skin disease), <i>kasashwasahara</i> (Antitussive), <i>dadrurrogahara</i> (skin disease), <i>chakshushya</i> (good for eye), <i>jatharagnipradeepak</i> (digestant), <i>sara</i> (mobility), <i>rasayana</i> (rejuvenative), <i>katu rasa</i> , <i>ushnavirya</i> (hot in potency), <i>pachakguna</i> (digestive), <i>rasendravyavardhan</i>
3.	<i>Shudh Haratala</i> (Purified orpiment)	<i>Snigdha</i> (sliminess), <i>bhootjawarvinashnam</i> , <i>kushtha hara</i> (skin disease), <i>Rasayana</i> (rejuvenative)
4.	<i>Shudh Manashila</i> (Purified realgar)	<i>Katutikta rasa</i> (pungent bitter taste), <i>snigdha</i> (sliminess), <i>ushna</i> (hot in potency), <i>guru</i> (heavy), <i>lekhanguna</i> (scrapping), <i>kasashwasa hara</i> (Antitussive), <i>bhootopdravanashini</i> , <i>agnimandyakshayaanahkandu hara</i> ,

		<i>rasayana</i> (rejuvenative), <i>jwarahara</i> (antipyretic), <i>varnya</i> (improve complexion), antidote for <i>visha</i> , enhances virility ( <i>kamam</i> )
5.	<i>Shudh tankana</i> (Borex)	<i>Katu rasa</i> (pungent), <i>ushnavirya</i> (hot in potency), <i>ruksha</i> (rough) <i>tikshna</i> (sharp in action) <i>sara guna</i> (mobility), <i>kaphahara</i> , <i>vatahara</i> , <i>hrudya</i> (cardiac pleasing), <i>kasashwasahara</i> (Antitussive), <i>kamam</i> (rejuvenative), <i>agnipradeepak</i> (appetizer), <i>adhmanhara</i> (Distended abdomen), <i>balya</i> , <i>stripushpajanan</i> , <i>vrananashan</i> , <i>moodhgarbhpravartak</i>
6.	<i>Abhrak Bhasm</i> (Mica)	<i>Snigdha</i> (sliminess), <i>sitavirya</i> (cold in potency), <i>madhur</i> <i>rasa</i> (sweet in taste), <i>ayushya</i> , <i>keshya</i> (good for hair), <i>varnya</i> (improve complexion), <i>ruchikar</i> (improve taste) , <i>deepan</i> (carminative), <i>balya</i> , <i>netrya</i> (good for eye), <i>medhya</i> (brain tonic), <i>stanyavardhak</i> (lactogenic)
7.	<i>Tamra Bhasm</i> (Copper)	<i>Tiktakshayamadhura rasa</i> , <i>katuvipaka</i> , <i>ushnavirya</i> (hot in potency), <i>snigdha</i> guna(sliminess in action), <i>vishahara</i> , <i>sara</i> (mobility in action), <i>lekhan</i> (scrapping), <i>shleshmapittahara</i>
8.	<i>Vang Bhasm</i> (Tin)	<i>Laghu</i> (light in nature), <i>sita</i> (cold in potency), <i>rukshaguna</i> (rough), <i>medhya</i> (brain tonic), <i>tikta</i> (bitter in taste), <i>kashaya</i> (astringent taste), <i>alpalavana rasa</i> , <i>medohara</i> (anti lipidemic), <i>ruchikar</i> (improve taste), <i>rasayan</i> (rejuvenative), <i>kaphajaroghara</i> , <i>pramehahara</i> (anti diabetic), <i>vranahara</i> , <i>chakshushya</i> (good for eye), <i>vrushya</i> ,(aphrodisiacs), <i>balya</i>
9.	<i>Naag Bhasm</i> (Lead)	<i>Madhura tikta rasa</i> (sweet, bitter taste), <i>snigdha</i> (sliminess), <i>guru</i> (heavy), <i>lekhana</i> (scrapping), <i>ushna</i> (hot in potency) and <i>sara guna</i> (mobility), <i>pramehahara</i> (anti diabetic), <i>vatavyadhihara</i> , <i>grahaniroghara</i> (irritable bowel syndrome), <i>vranahara</i> , <i>gulmaroghara</i> , <i>raktapradaraha</i>
10.	<i>Loha Bhasm</i> (Iron)	<i>Ruksha</i> (rough), <i>guru</i> (heavy), <i>lekhanaguna</i> (scrapping), <i>madhurvipaka</i> , <i>kshaya rasa</i> (astringent in taste), <i>ushnavirya</i> (hot in potency), <i>netrya</i> (good for eye), <i>balya</i> , <i>vrushya</i> (aphrodisiacs), <i>jathargadnutt</i> , <i>kaphapittahara</i> , <i>varnya</i> (improve complexion), <i>medya</i> (brain tonic)
11.	<i>Swarnamakshika Bhasm</i> (Copper pyrite)	<i>Vrushya</i> (aphrodisiacs), <i>madhura rasa</i> (sweet in taste), <i>rasayana</i> (rejuvenative), <i>tikta</i> (bitter in taste), <i>chakshushya</i> (good for eye), <i>tridoshaghna</i> , <i>kshayahara</i> , <i>arshohara</i> , <i>pramehahara</i> (anti diabetic), <i>vishaghna</i> , <i>pandushwathukushthahara</i> , <i>jirnajwarahara</i> (anti pyretic), <i>mandagnihara</i> (improve digestion), <i>aruchihara</i> (improve taste), <i>yogwahi</i>
12.	<i>abhrakavatva bhasma</i>	<i>madhura rasa</i> (sweet in taste), <i>sita</i> (cold in potency), <i>snigdha</i> (sliminess), <i>tridoshnasaka</i> , <i>rasayan</i> (rejuvenative), <i>aayusyavardhaka</i> , <i>keshya</i> (good for hair), <i>punsatvajanan</i> , <i>vayasthapana</i>
13.	<i>Varatika bhasma</i> (Cowry)	<i>deepan</i> (digestive in nature), <i>ushnaguna</i> (hot in action), <i>karnastravhara</i> , <i>agnimandhyanashini</i> (improve digestivefire), <i>shoolasamani</i> (anti spasmodic)
14.	<i>Suddha kanshi</i> (Potash alum)	<i>kashaya</i> (astringent in taste), <i>katu</i> (pungent in taste), <i>tikta</i> <i>rasa</i> (bitter in taste), <i>ushnaguna</i> (hot in action), <i>keshya</i> (good for hair), <i>netrarogaprashmani</i> , <i>vishmajwaranashini</i> (anti pyretic), <i>grahi</i> , <i>lekhana</i> (scrapping), <i>snigdha</i> (sliminess)

**Table: 7: HERBAL INGREDIENTS PROPERTIES WHICH ARE PRESENT IN VATA VIDHWANSA RASA [20-41]**

S.NO.	INGREDIENT	LETIN NAME	PART USED	PROPERTIES
1.	Shudh Vatsnabh	<i>Aconitum ferox</i>	Root	<i>Katu</i> (pungent) <i>tikta</i> (bitter) <i>kshaya rasa</i> (astringent), <i>ushnaviryra</i> (hot in potency), <i>yogvahi</i> , <i>rasayan</i> (rejuvenative), <i>tridosahara</i> mainly <i>vatakaphahara</i> , <i>deepan</i> , <i>bruhman</i> , <i>balya</i> , <i>agnimandyahara</i> (improve digetion), <i>pliharogahara</i> , <i>vataraktahara</i> , <i>shwasa hara</i> , <i>kasahara</i> , ( Antitussive)) <i>kushtha hara</i> , <i>panduhara</i> (anti anemic), <i>jwarahara</i> (anti pyratic), <i>amavatahara</i> (anti rhumatic), <i>timirroghahara</i> , <i>vishaghna</i>
2.	Shudh Jayapala	<i>Myristica fragrans</i>	Fruit	<i>Tikta rasa</i> (bitter in taste), <i>tikshna</i> (sharp in action), <i>ushnaviryra</i> (hot in potency), <i>rochak</i> , <i>laghu</i> (light in action), <i>katu rasa</i> (pungent in taste), <i>deepan</i> (digestive), <i>grahi</i> , <i>kaphavatahara</i> , <i>krimikasavamanashwasashoshapinasa hara</i> (Antitussive)(wormkiller), <i>hrudya</i>
3.	Sunthi	<i>Zingiber officinale</i>	Rhizome	<i>Ruchya</i> (good for taste), <i>aamavatanashak</i> (anti rhumatic), <i>pachak</i> , <i>katurasa</i> (pungent in taste), <i>snigdha</i> (sliminess), <i>ushnaviryra</i> (hot in potency), <i>madhurvipaka</i> , <i>kaphavatahara</i> , <i>vrushya</i> (aphrodisics), <i>shwasakasaahara</i> (Antitussive), <i>grahi</i>
4.	Maricha	<i>Piper nigrum</i>	Fruit	<i>Katu rasa</i> (pungent in taste), <i>tikshna</i> (sharpness), <i>deepan</i> , <i>kaphavatahara</i> , <i>ushnaviryra</i> (hot in potency), <i>pittavardhak</i> , <i>ruksha</i> (rough), <i>shwasakasakrimihara</i> (Antitussive)
5.	Pippali	<i>Piper longum</i>	Fruit	<i>Agnideepak</i> (improve diestivefire), <i>vrushya</i> (aphrodisiac), <i>madhurvipaka</i> , <i>rasayan</i> (rejuvenative), <i>anushna</i> , <i>katu rasa</i> (pungent in taste), <i>snigdha</i> (sliminess), <i>vatakaphanashak</i> , <i>lahupaki</i> , <i>rechak</i> (laxative) <i>amavatanashak</i> (anti rhumatic), <i>shwasakasanashak</i> (Antitussive), <i>jwarahara</i> (anti pyratic), <i>kushthahara</i> , <i>shoolhara</i> (anti spasmodic)
6.	Aark	<i>Calotropis procera</i>	Flower	<i>Madhur</i> (sweet) <i>tikta rasa</i> (bitter), <i>kushthakrimighna</i> (wormkiller), <i>kaphanashak</i> , <i>arshoghna</i> , <i>vishaghna</i> , <i>raktapittahara</i> , <i>gulma hara</i> , <i>shothahara</i>
7.	Chitrak	<i>Plumbago zelaynica</i>	Root	<i>Katu rasa</i> (pungent in taste), <i>agnivardhak</i> (improve digestive fire), <i>pachak</i> (digestive), <i>ruksha</i> (rough), <i>ushna</i> (hot in potency), <i>vatasleshmahara</i> , <i>grahi</i> , <i>tridoshaghna</i> , <i>grahanikushthashothahara</i> , <i>krimihara</i> (wormkiller)
8.	Haritaki	<i>Terminalia chebula</i>	Fruit	<i>lavanavarjitapancha rasa</i> , <i>ruksha</i> (rough), <i>ushna</i> (hot in potency), <i>madhuravipaka</i> , <i>dipani</i> , <i>rasayani</i> (rejuvenative), <i>chakshusya</i> (good for eye), <i>bruhani</i> , <i>anulomani</i> , <i>swasakasaahara</i> (Antitussive)
9.	Vibhitaki	<i>Terminalia belerica</i>	Fruit	<i>kashaya</i> (astringent in taste), <i>ushnaviryra</i> (hot in potency), <i>madhuravipaka</i> , <i>bhedani</i> , <i>ruksha</i> (rough), <i>netrya</i> (good for eye), <i>keshya</i> (good for hair), <i>kriminashanam</i> (wormkiller)
10.	Amlaki	<i>Embelica officinalis</i>	Fruit	<i>amla rasa</i> , <i>madhuravipaka</i> , <i>rasayana</i> (rejuvenative), <i>vrusya</i> (aphrodisiac), <i>pamehahara</i> (anti diabetic), <i>raktapitta hara</i>
11.	Nirgundi	<i>Vitex nergundo</i>	Leaf	<i>kashaya</i> (astringent ), <i>katu</i> (pungent), <i>tikta rasa</i> (bitter) , <i>laghu</i> (light in action), <i>keshya</i> (good for hair), <i>medhya</i> (brain

				tonic), <i>kaphavatashamaka</i>
12.	<i>Suran</i>	<i>Amorphophallus campanulatus</i>	Tuber	<i>katu</i> (pungent), <i>vatahara</i> , <i>dipan</i> , <i>pachana</i> , <i>ruchikara</i> , <i>swakasahara</i> (Antitussive), <i>amavatnashaka</i> (anti rheumatic)
13.	<i>Bhrungraja</i>	<i>Eclipta alba</i>	Whole plant	<i>katu</i> (pungent), <i>Tikshna</i> (sharp in action), <i>ushna</i> , <i>ruksha</i> (rough), <i>kaphavata hara</i> , <i>keshya</i> (good for hair), <i>rasayana</i> (rejuvenative), <i>balya</i> , <i>krimi</i> , <i>swasa</i> , <i>kasahrara</i> (wormkiller, (Antitussive )
14.	<i>Dhatura</i>	<i>Dhatura metel</i>	Whole plant	<i>kashya</i> (good for hair ) , <i>madhura</i> (sweet in taste), <i>tikta rasa</i> , <i>ushna</i> (hot in potency), <i>guru</i> (heavy in action), <i>sleshmakandu hara</i>
15.	<i>Ardraka</i>	<i>Zingiber officinale</i>	Rhizome	<i>katu rasa</i> (pungent), <i>ushnaviryra</i> (hot in potency), <i>madhravipaka</i> , <i>guru</i> (heavy in action), <i>bhedani</i> , <i>dipani</i> , <i>vatakaphahara</i>
16.	<i>Nimbu</i>	<i>Citrus aurantifolia</i>	Fruit	<i>amla</i> (sour in taste), <i>deepan</i> , <i>pachana</i> , <i>laghu</i> (light in action), <i>tridhosh hara</i> , <i>ruchivardhaka</i> (improve taste)
17.	<i>Eranda</i>	<i>Ricinus communis</i>	Root	<i>madhura</i> (sweet in taste), <i>ushna</i> (hot in potency), <i>guru</i> (heavynees), <i>kaphavatahara</i> , <i>deepan</i> , <i>virechaka</i> (laxative)
18.	<i>Indra Varuni</i>	<i>Citrullus colocynthis</i>	Root	<i>tikta rasa</i> (bitter in taste), <i>katuvipaka</i> , <i>laghu</i> (light in action), <i>ushna</i> (hot in potency), <i>swasakasa hara</i> (Antitussive ) ,
19.	<i>Tulasi</i>	<i>Ocimum sanctum</i>	leaf	<i>katu</i> (pungent), <i>tikta rasa</i> (bitter), <i>ushnaviryra</i> (hot in potency), <i>katuvipaka</i> , <i>jwaragn</i> (antipyretic), <i>parshvashula</i>
20.	<i>Sigru</i>	<i>Moringa oleifera</i>	Root	<i>katutikta rasa</i> (pungent, bitter), <i>sheetaviryra</i> (cold in potency), <i>madhuravipaka</i> , <i>medhya</i> (brain tonic), <i>anidra</i>
21.	<i>Poshkara</i>	<i>Inula racemosa</i>	Root	<i>katu</i> (pungent), <i>tikta rasa</i> (bitter), <i>ushnaviryra</i> (hot in potency), <i>katuvipaka</i> , <i>vatakaphahara</i> , <i>hrudroga</i> , <i>swasa</i> , <i>hikka</i> , <i>parshvashula</i>
22.	<i>Danti</i>	<i>Balispermum montanum</i>	Root	<i>katu rasa</i> (pungent), <i>ushnaviryra</i> (hot in potency), <i>katuvipaka</i> , <i>teekshna</i> (sharp in action) <i>virechaka</i> (laxative)

**Table 8: DOSAGE, ANUPAN, AND INDICATION OF VATA VIDHWANS RASA**

VATA VIDHWANSA RASA TYPE	DOSE	ANUPANA	INDICATION
Type 1	2 ratti	<i>Marichachurna</i> , honey	<i>janu</i> , <i>jangha</i> , <i>kati</i> , <i>pada shoola</i> (pain in knee, thigh, pelvic region and foot), <i>manyastambha</i> (stiffness of neck), <i>hanustambha</i> (stiffness of jaw), <i>trikastambha</i> , <i>jihwastambha</i> (stiffness of tongue), <i>sarvangavata</i> (deterioratedvata)
Type 2	2 ratti	-	<i>vatavyadhi</i> (80 types of vataja disease), <i>shoola</i> (pain), <i>kapharoga</i> , <i>grahani</i> (IBS), <i>sannipataroga</i> , <i>mudhavata</i> , <i>sutikaroga</i> (puerperal disease)
Type 3	3 ratti	-	<i>apasmara</i> (epilepsy), <i>unmade</i> (insanity), <i>sarvangavata</i> (pain all over the body)
Type 4	1 ratti	-	<i>vatakaphajavyadhi</i> , <i>agnimandya</i> (loss of appetite), <i>swasa</i> , <i>sangrahani</i> (IBS), <i>shoola</i> , <i>kasa</i> , <i>swasa</i>
Type 5	2 ratti	-	<i>uadarshoola</i> (pain in abdomen), <i>vishuchika</i> (cholera), <i>agnimandya</i> (loss of appetite), <i>ama dosha</i> (indigested food), <i>gulma</i> , <i>swasa</i> , <i>kasa</i> , <i>krimiroga</i> , <i>sarvangashoola</i> (pain all over body), <i>manyastambha</i> (stiffness of neck), <i>jwara</i> (fever), <i>atisara</i> (diarrhea), <i>tridoshaj shoola</i>
Type 6	6 ratti	<i>Ardraka rasa</i>	<i>Avabahuka</i> (frozen shoulder), <i>sannipataroga</i> , <i>sarvanga vata</i> (pain all over body), <i>asmari</i> (stone), <i>shoola</i> (pain)

**GENERAL METHOD OF PREPARATION**

The most common method of preparation of vatavidhwansa rasa is kharaliya method of preparation. All the drugs are taken after purification. first clean kharal (mortar and pestle) should be taken.

*Suddhaparada* (Purified mercury) and *suddhagandhaka* (Purified sulphur) are taken in a clean *khalva yantra* and appropriate *kajjali* is prepared. Mentioned ratio of all the ingredients are added one by one and triturated further to obtain a homogenous mixture then to the mixture *bhavana dravya* is added and *mardana* is done for the given time. *vatis* are prepared of the specific weight and kept for drying, then stored in air tight container with proper packing and labelling.

## DISCUSSION

From above table it seen that, *Suddha Parada*(Purified Mercury) and *Suddha Gandhaka*(Purified sulphur) are common ingredients in all type of *Vata Vidhwansa Rasa* both are having *Rasayana* (rejuvenative) property. In *Vata Vidhwansa Rasa* different *Bhavana Dravya* used in different classics. *Bhavana* is the process of impregnation help in reducing the particle size of the drugs thus, increasing their capacity for absorption into system. The specific organic liquid helps to induce trace elements in the *Bhasma* and to target it on a particular site of action. In all classics not mention specific *Anupana* for *Vata Vidhwansa Rasa* but according to disease we can use different *Anupana*. In *Rasayan Sangraha*, *Marich Churna* use as *Anupana* and treat the disease like *Dhanurvata*, *Jangha Janu Kati Shula* (pain in knee, thigh) because *Maricha* (*Piper nigrum*) having *Katu Rasa* (Pungent in taste), *Ushna Virya* (hot in potency) it shown to possess bioavailability enhancing activity with entering minutes body channels. *Vata Vidhwansa Rasa* has rejuvenating effect and is used in the treatment of the *Vata* disease as it have low dose, quick action, palatability and high efficacy, longer shelf life due to their micronized preparation.

## CONCLUSION:

*Vata Vidhwansa Rasa* is the potent *Kharaliya Rasayana* mentioned in the classics. *Kajjali* (mercury +sulfur) it act as disinfectant and *Yogavahi* (Catalyst), copper is anti-convulsant and anti inflammatory. *Tankan* is a disinfectant and sedative etc. Due to presence of ingredients in *Vata Vidhwansa Rasa*, it will have quick action. There are 6 types of *Vata Vidhwansa Rasa* mentioned in the classics but most common preparation of *Vata Vidhwansa Rasa* used is from *Yogratnakara* (type 2). It is basically used in the treatment of *Vata Vyadhi*.

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