**PERIODICAL ANALYSIS IN THE DEVELOPMENT OF AYURVEDIC HERBOMINERAL FORMULATIONS PUSHPADHANWA RASA**

Dr Manoj Kumar Dash

Lecturer

P.G Dept. of Rasashastra & Bhaishajya Kalpana,

Govt. Ayurveda College Raipur,

Chhattisgarh, India.

Email:drmanojkumardash@gmail.com

Phone No: 8817708049

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**Abstract:**

The litreture available from past to modern times clearly signifies that the property of *Pushpadhanwa rasa* was used for *Vrisya*  (aphrodisiac), *Vajikarana* (Increased sexual power), *Vandhyatwa* (sterility in both male & female). It was a preparation that can be used for male infertility due to oligospermia & female infertility due to Ovarin cyst. It firstly came into existance around 9th century depicted by *acharya Bahata* followed by literatures like *Rasa ratna sammuchaya,. Yoga tarangini, Bruhat yoga tarangini, Yogaratnakar, Rasa tarangini, Bhaishjya ratnavali* etc was practicing this formulations to their patients. In this paper the developmental sequence of *Pushpadhanwa rasa* was deeply studied. An honest attempt has made to establish the periodical revolution of *Pushpadhanwa rasa* in the field of *Vajikarana* *Chikistha.* In this paper a good collection of Pushpdhanwa Rasa which could be utilized to prepare as per the need and use it clinically.

**Key words: Pushpadhanwa rasa, Periodical,**

**Introduction: F**or getting *Dharma* (virtue) *Artha* (wealth), *Priti* (pleasure), *Yasas* (Fame) a conscious person should use a preparation which is having fertility status[1}. A person gets these benefits by giving a off spring, which is the resort of these qualities. By procreate a child he can earn pleasure, strength, happiness, livelihood, fame at the end of life. The child less man should be regarded as unstablised, naked, vacant, having one sense organ and in active. Even in remote past, one can find the instinctive desire to extend race. Putraisana (desire for progeny) is one of the primary desires of mankind mentioned in Upanishads. Although there are many studies in the litreture on the use different Ayurvedic preparations in Infertility. But a preparation of having herbomineral component was not studied periodically in the case of male sexual dysfunction, poly cystic ovarian syndrome which are the basic cause of Infertility In Male & femele partner respectively.

**Historical Backgrounds of *Pushpadhanwa rasa*:**

Description of Pushpadhanwa rasa have mentioned in related Rasashastra texts. Information of *Pushpadhnwa rasa* in different *Rasashastriya litretures* available from 9th century onwards [2]. The basic knowledge to prepare *Vajikrana* formulation *Pushpadhanwa rasa* their ingredients, procedures, dose, anupana, therapeutic indications are vividly described in different literatures. Emphasis is given to herbal drugs in some of the litretures like written by Bahata, Laxmidas saraswati & vaidya siromani in his book Rasa Parijata. More emphasis is given to Metallic drugs in *Bruhat Yoga Tarangini, Rasayana samgraha, Rasendra Chintamani, Nirghantu Ratnakar,Yoga ratnakar [12},* *Bhaishjya Ratnavali.Siddh bhaishjya mannimala[10], Rasa kamadhenu, Rasa Tarangini,[11] Siddha Yoga samgraha [13], Rasa Kaadhenu [14],* Ayurveda formulary of India *[15]*

**Different formulations of Pushpadhanwa rasa:**

**Formula no-1**

It was quoted by Rasa Yoga Sagar II - part second patha in page no.58 from the original book depicted by Acharya Bahata (Inbetween 9-11th century by Dr. Rambabu Dwivedi) in Vajikarana chapter as shown in table no 1.

**Procedure:** *Bhasmas* are added in required quantities and ground in the khalva itself and

mixed well. *Bhavana* with the prescribed Svarasa, Kvatha etc. for 3 times.

**Formula no-2:** It was depicted by *Rasa vaghbhatta* in his literature *Rasa ratna samuchya [3]. Rasa Chandansu* also described the same formula as shown in table no 2.

**Procedure :** Trituration of S*warna bhasma, Rajata bhasma, & Tamra bhasma with Kadali kanda swarasa*. Make it pisti. *Paka* of this *pisti* in *Bhudara yantra*. Swanga seeta of the preparaton. Separate this pisti from bhudara yantra. Powered all the preperation properly. Mix *Shuddha Gandhak & Kanta Louha bhasma.* *Mardana* with *salmali Kvatha & yastimadhu Kvatha* for 15 days. *Bhavana* of *nagavalli swarsa* for 3 hrs. Atapa suska Of *Pushpadhanwa Rasa*.

Formula no –3

### This formula of Pushpadhanwa Ras is one such preparation, which is routinely prescribed by most of the Ayurvedic physicians for the treatment of Vajikaran. It has been first quoted by ‘ yoga tarangini [4] as per table no 3.

### Procedure : Mix all the *Bhasmas*. Triturate properly with equal pressure for 3 hrs. Give 3 *Bhavana* of each swarasa.

### Formula no-4

This formula of *Pushpadhanwa Ras* is one such preparation, which is routinely prescribed by most of the Ayurvedic physicians for the treatment of *Vajikaran.* It has been first quoted by *Bruhat yoga tarangini [5]*. This formula has also been depicted later by Krishna sastri bhatvedekar in his classic *‘Rasayana samgraha’*, by Trimalla bhatta in his classic ‘*Bruhat Yoga Tarangini’*, In *Rasa Muktavali*, *Vaidya Siromani* Laxmidas saraswati in their classic ‘*Rasa Parijata*”,Sadananda Sharma in his classic ‘*Rasa Tarangini*’, Govind Das sen in his classic *Bhaishjya Ratna vali [6]*, Krishna gopal Ayurved bhavan in their classic ‘*Rasa Tantra Sara Siddha Prayoga Samgraha [7]* for the treatment un developed Ovary, The only difference found is that instead of One Gandhak Jarana, ‘two times gandhak jarana Rasasindura’ has been used But the Murchana was completely dependent upon the the rasa guna vali Jeerna parada.Roga nasana depends upon the number of Jarana.

**Procedure:**Mix all the *Bhasmas*. Triturate properly with equal pressure for 3 hrs.give 1 *Bhavana* of each swarasa as per table no 4. Here they had mentioned for 1 *Bhavana*. Of each drug.

**Formula No.5**

Two types of pushpadhanwa Ras were described in Yogaratnakar [8]. They are-Bruhat pushpadhanwa Ras, Laghu puspa dhanwa rasa. Laghu *Pushpadhanwa rasa* is the same formula depicted by Bruhat yoga tarangini ( Formula No- 4). In place of Vanga bhasma he added 3 parts Abhraka bhasma.

**Procedure:** Mix all the *Bhasmas* in equal part in a kharal. triturate properly. Make 3 *Bhavana* of each dravya.

**Formula – 6**

It was described by Laxmidas saraswati & vaidya siromani in his book Rasa Parijata in vajikaran adhikara chapter.

**Procedure :** Mix *Parada, Gandhaka, Mukata, Suvarna, Haritala, Manahshila, Rajat Bhasma, Abharaka Bhasma, Louha Bhasma, Vanga Bhasma, Makhika Bhasma, Naga Bhasma, Pravala Bhasma.*Triturating with *godugdha..*  Add herbs from 14 to 20 give *Bhavana* once. Again from 21 to 23 give 10 *Bhavana* each. From 24 to 60, (40 dravyas) each 1 part. Powered it properly. Make the power into 5 parts. 1 part in 16 times water. Reduced into 1/8the Kalka part (It may be Kvatha of all dravyas) trituration with all the above drugs. Similarly this 5 part trituration occurs. 1 *Bhavana* for 12 days. In this way 5 *Bhavana* for 60 days. All total trituration must be for 60 days. Again boil ahiphena with dugdha. Dugdha which is in residue after reduction trituration with the above drugs. This continues for 7 days. In this way total no. Of *Bhavana* will be for 67days.

**Discussion:** Considering the description of Pushpadhanwa Rasa, three forms of Pushpadhnwa Rasa as shown in table no 8 viz. Laghu Pushpadhnwa Rasa containing 8 to 9 ingredients and Vrihat Pushpadhanwa rasa containing 33 to 35 ingredients , Pushpadhanwa Rasa with 57 to 58 number of herbal & Mineral drugs. All the Pushpadhanwa Rasa with the only difference in the selection of herbal & mineral ingredients. . Further, *Pushpadhanwa rasa* itself shows various modifications among its various Variants where at one place without altering the constituent drug, it is named differently as Rativilasa rasa, *Ratileela* rasa [9] etc. On the other hand without altering the name some amendments of levigation or changes in dosage form and anupana are seen.

**Conclusion:**

All the above formulations have been used for *Vrisya*  (aphrodisiac), *Vajikarana* (Increased sexual power), *Vandhyatwa* (sterility in both male & female). The typical ingredients described in different Rasa texts are giving pharmacological information on sexual enhancing activity. The number of ingredients and its therapeutic utility decreased from 9th century to 20th century period. So to prepare effective Pushpadhanwa *rasa* much emphasis has given to maximum number ingredients present in a formulation. So more the number of ingredients more become the efficacy.

**Table No : 1**

**Formulation *Pushpadhanwa rasa* in the Period 9th to 13th century**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sr. No | Ingredients | Quantity | Dose | Anupana | Therapeutic indication |
|  | *Parada bhasma* | 1 part | 12 rati/day (1 kg.) | *Madhu, ghrita, sarkara, dugdha.* | *Ramayati bahu kanta, Virya Kara.* |
|  | *Tamra bhasma* | 1 part |
|  | *Vanga bhasma* | 1 part |
|  | *Swrna bhasma* | 1 part |
|  | *Hingula bhasma* | 1 part |
|  | *Abhraka bhasma* | 1 part |
|  | *Roupya bhasma* | 1 part |
|  | *Swarna Makhsika bhasma* | 1 part |
|  | *Kanta pasana bhasma* | 1 part |
|  | *Naga bhasma* | 1 part |
|  | *Gandhaka* | 1 part |
|  | *Vajra bhasma* | 1 part |
|  | *Surasa* | Q.S |
|  | *Kokilakhya beeja* | Q.S |
|  | *Khasa* | Q.S |
|  | *Samudra shosha* | Q.S |
|  | *Aswagandha* | Q.S |
|  | *Yastmadhu* | Q.S |
|  | *Trikatu* | Q.S |
|  | *Sita* | Q.S |
|  | *Salmali* | Q.S |
|  | *Musali* | Q.S |
|  | *Madhuka* | Q.S |
|  | *Karanja* | Q.S |
|  | *Kapikachhu* | Q.S |
|  | *Agaru* | Q.S |
|  | *Jati phala* | Q.S |
|  | *Sarala* | Q.S |
|  | *Jatipatri* | Q.S |
|  | *Hastikandi* | Q.S |
|  | *Triphala* | Q.S |
|  | *Netrabala* | Q.S |
|  | *Guduch* | Q.S |
|  | *Varahi kanda* | Q.S |
|  | *Kasturi* | Q.S |

**Table No : 2**

**Formulation *Pushpadhanwa rasa* in the period 13th to 15th century**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sr. No** | **Name of the ingredient** | **Quantity** | **Dose** | **Anupana** | **Therapeytic utility** |
|  | *Swarna bhasma* | **1 part** | 1 valla (250 mg.) |  | *Purshti, Agni deepana, Virya vardhaka* |
|  | *Rajata bhasma* | **1 part** |
|  | *Tamra bhasma* | **1 part** |
|  | *Shuddha Gandhaka* | **3 part** |
|  | *Kanta lauha bhasma* | **3 part** |
|  | *Kadali kanda* | **Q.S** |
|  | *Salmali Kvatha (Mula* | **Q.S** |
|  | *Yastmadhu Kvatha* | **Q.S** |
|  | *Naga valli swarasa* | **Q.S** |

### Table No : 3

### Formulations *Pushpadhanwa rasa* in the period 15th to 17th century

### .

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sr. No** | **Name of the ingredient** | **Quantity** | **Dose** | **Anupana** | **Therapeytic utility** |
|  | *Naga basma* | **1 part** | 1 valla (250 mg.) | *Sarkara, Madhu, Ghrita Dugdha* | *Rasayana, kama utejjaka, bala, virya, sakti bardhaka, uttama vajikaran, virya vardhaka.* |
|  | *Louha bhasma* | **1 part** |
|  | *Abhraka bhasma* | **1 part** |
|  | *Dhatura swarasa* | **Q.S** |
|  | *Bhanga swarasa* | **Q.S** |
|  | *Yastimadhui swarasa* | **Q.S** |
|  | *Salmali swarasa* | **Q.S** |
|  | *Nagavallipatra swarasa* | **Q.S** |

**Table No : 4**

**Formulation Pushpadhawa rasa in the period 17th to 19th century**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sr. No** | **Name of the ingredient** | **Quantity** | **Dose** | **Anupana** | **Therapeytic utility** |
|  | *Rasa sindura* | 1 part | 250 mg. twice daily | *Sarkara, Madhu, Ghrita Dugdha* | *Rasayana, kama utejjaka, bala, virya, sakti bardhaka, uttama vajikaran, virya vardhaka, virya vikara, dhwajabhanga, Vandhyatwa, spermaturia causing impotency in male.* |
|  | *Naga basma* | 1 part |
|  | *Louha bhasma* | 1 part |
|  | *Vanga bhasma* | 1 part |
|  | *Abhraka bhasma* | 1 part |
|  | *Dhatura swarasa* | Q.S |
|  | *Bhanga swarasa* | Q.S |
|  | *Yastimadhu swarasa* | Q.S |
|  | *Salmali swarasa* | Q.S |
|  | *Nagavalli*  *patra swarasa* | Q.S |

**Table no : 5**

**Bruhat pushpadhanwa Ras  formulations**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sr. No** | **Name of the ingredient** | **Quantity** | **Dose** | **Anupana** | **Therapeytic utility** |
|  | *Swarna bhasma* | **1 part** | *2 valla* | *Ghrita Madhu, Dugdha, Sarkara* | *Dirgha Ayu, Bala Karaka.* |
|  | *kanta louha bhasma* | **1 part** |  |  |  |
|  | *Swarna makhika bhasma* | **1 part** |  |  |  |
|  | *Dwija (tejo bala)Kvatha* | **1 part** |  |  |  |
|  | *Kubala Kvatha* | **1 part** |  |  |  |
|  | *Yasti madhu Kvatha* | **1 part** |  |  |  |
|  | *Salmali Kvatha* | **1 part** |  |  |  |
|  | *Naga valli swarasa* | **1 part** |  |  |  |

**Table No : 6**

**Formulations *Pushpadhanwa rasa* in the period 20th century**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sr. No** | **Name of the drug** | **Quantity** | **Dose** | **Anupana** | **Therapeytic utility** |
|  | *Rasa sindoora* | 3 Part | ***1 valla (250 mg)*** | *Madhu sarkara, Godugdha, odana, sarkara, ghrita* | *Dhwaja bhanga, meha, mutrakichra, asmari, yoni sosa, sira shoola, atisara, sopha, sarba daha* |
|  | *S. gandhaka* | 6 Part |
|  | *Mukta bhasma* | 4 Part |
|  | *Suvarna bhasma* | 2 Part |
|  | *Haritala*  *(Rasamnikya)* | 2 Part |
|  | *Manashila* | 2 Part |
|  | *Rajata bhasma* | 2 Part |
|  | *Abhraka bhasma* | 2 Part |
|  | *Vanga bhasma* | 2 Part |
|  | *Makhika bhasma* | 2 Part |
|  | *Naga bhasma* | 2 Part |
|  | *Louha bhasma* | 8 Part |
|  | *Pravala bhasma* | 8 Part |
|  | *Godugdha* | Q.S |
|  | *Nalada(Useera)* | Q.S |
|  | *Ketaki9Kebada)* | Q.S |
|  | *S.Bhanga(patra kvatha)* | Q.S |
|  | *Kapikachhu veeja(kvatha)* | Q.S |
|  | *Ikhu (Swarasa)* | Q.S |
|  | *Khasa (Phanta)* | Q.S |
|  | *Bala(Kwatha)* | Q.S |
|  | *Aswagandha(Kwatha)* | Q.S |
|  | *Masa* | Q.S |
|  | *Lavanga* | Q.S |
|  | *Kokilakhya(Talamalak)* | Q.S |
|  | *Goura sarsapa* | Q.S |
|  | *Jati* | Q.S |
|  | *Punarbhu* | Q.S |
|  | *Jatikosha* | Q.S |
|  | *Twag* | Q.S |
|  | *Ela* | Q.S |
|  | *Gokhura* | Q.S |
|  | *Cakra marda* | Q.S |
|  | *Triphala* | Q.S |
|  | *Karkata shringi* | Q.S |
|  | *Ashoka beeja* | Q.S |
|  | *Satavari* | Q.S |
|  | *Musali* | Q.S |
|  | *S.dhatura beeja* | Q.S |
|  | *Kheeri (Vansalochana)* | Q.S |
|  | *Moca rasa* | Q.S |
|  | *Yavani* | Q.S |
|  | *Kadali kanda* | Q.S |
|  | *Kharjura* | Q.S |
|  | *Citraka* | Q.S |
|  | *Vijayasara* | Q.S |
|  | *Priyangu* | Q.S |
|  | *Jatamansi* | Q.S |
|  | *medhashringi* |  |
|  | *Rudrakhya* | Q.S |
|  | *Drakhya* | Q.S |
|  | *Akalaka* | Q.S |
|  | *Kankola* | Q.S |
|  | *Karpura* | Q.S |
|  | *Dhanya panchaka* | Q.S |
|  | *Dugdhika* | Q.S |
|  | *Khurasai yavani* | Q.S |

**Table No : 7**

**Showing description of Pushpadhanwa Ras (Formula No. 4) in different classics**

|  |  |  |  |
| --- | --- | --- | --- |
| **S.No** | **Name of text** | **Ingredients** | **Triturations** |
| 1 | *Yoga tarangini,*  *Rasa kamadhenu* | *Naga Bhasma, Abhraka Bhasma-Louha Bhasma,*  *No Rasasindura* | *Dhatura beeja Kvatha-Bhanga Kvatha,SalmaliKvatha,Yastimadhu Kvatha,Naga valli swarasa*  **Each having 3 *Bhavana*** |
| 2 | *Bruhat Yoga Tarangini, Rasayana samgraha, Rasendra Chintamani, Nirghantu Ratnakar,*  *Bhaishjya Ratnavali ,* Ayurveda Formulary of India part- II p. 111. | *Rasa sindura, Naga basma, Louha bhasma, Vanga bhasma, Abhraka bhasma* | *Dhatura beeja swarasa, Bhanga patra swarasa, Yastimadhui mula swarasa, Salmali niryasa swarasa, Nagavallipatra swarasa* |
| 3 | *Yoga ratnakara in the name Laghu pushpadhanwa Ras Rasa padhhati, Rasa ratna Sammuchya, Rasa Raja Sindura, Bhishjya samhita* Part 1 P-137 | -Do-  *Abhraka bhasma=3 part,No vanga bhasma* | -Do- |

**Table no : 8**

**Showing same formulation described in other name with slight difference**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | *Vaidya sara*-Pg-22  In the name of Rativilasa rasa | *S.parada, S.naga, Kanta louha bhasma=Each 1 part, Abhraka bhasma*-3 part | do |
| 2 | *Vaidya sara*-Pg-104  *Ratileela* rasa | *S.parada, S.naga, Louha bhasma, Abhraka bhasma =*each 1 part | *Dhatura beeja-*3 part  All are same |

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