



REVIEW ARTICLE

A Brief Review of *Atisarahara Rasaoushadis*

Author: Chaitra L V¹

Co Authors: Krishnamurthy M S² and Jayalaxmi³

¹Ramakrishna Ayurvedic Medical College, Bangaluru1, Karnataka, India

²Dept of RSBK, Alvas Ayurveda Medical College, Moodbidri, Karnataka, India

³Sri Sidharameshwar Ayurvedic Medical College, Bidar, Karnataka, India

ABSTRACT

Rasashastra a branch of *Ayurveda* that deals with *Metals, Minerals, visha dravyas*, animal origin drugs, *Herbomineral/Herbometallic* preparation and it is emphasizing on various pharmaceutical process such as *Sodhana, Jarana, Marana*, etc *samskaras* for the better pharmacodynamics action. In *Ayurveda*, treatment is of three types that are *Daiwa* (therapeutics), *Manushi* (medicinal therapy), *Asuri* (therapy involving various hymens and rituals). *Rasa oushadis* (*Herbomineral, Herbometallic*) which comes under *Daiwa chikitsa*. *Rasa oushadis* are more effective with low dose, having palatable, quick action and it can be used to treat *asadhya vyadhis*. *Atisara* is a condition where watery stool (*drava mala*) are passed in excess several times a day through anus. In *Rasashastra* classics, a handful of *Herbomineral* formulations are indicated in *Atisara*. Almost 10 *rasa yogas* have been mentioned in *Atisarahara adbhikara* of *Bhaishajya rathnavalli*, 18 *rasa yogas* in *Abhinava Chintamani*, 10 *rasa yogas* in *Vaidyachintamani*, 4 *rasa yogas* in *Yoga Rathnakara* and in *Rasendra Sambhava*, 6 *rasa yogas* in *Rasa rathna sammuchaya* are indicated in *Atisara*. Here an attempt made to compel the *Rasa oushadis* indicated in *Atisara* from few *Rasa* classical texts. The review indicates that the *Rasa oushadis* can be administered in different condition of *Atisara* with different *anupanas* and which are therapeutically effective.

Key Words *Atisara, Rasaushadi yoga/Herbomineral/Herbometallic formulation*

INTRODUCTION

Atisara is a condition where watery stools (*drava mala*) are passed in excess several times a day through anus¹. *Atisara* is a universally found disease and can be compared to Diarrhea. Although diarrhea is not considered as a disease on its own in conventional medicine, *Ayurvedic* literature records it as both a symptom and an independent disease. In *Ayurveda* treatment is of three types that is *Daiwa, Manushi, Asuri*. *Rasa oushadis* come under *Daiwa chikitsa*. *Rasa*

oushadis (*Herbomineral/Herbometallic* formulation) are more effective with low dose, having palatable, quick action and it can be used to treat *asadhya vyadhis*². In modern science anti-diarrheal drugs (loperamide, bismuth subsalicylate) have been used to treat diarrhea, which may cause side effects like tinnitus, blackened stool/ tongue, dizziness, constipation³. Therefore there is need today to manage *Atisara* by *Ayurvedic chikitsa* specially using *Rasaoushadis*. A handful of *Atisarahara* drugs are



REVIEW ARTICLE

mentioned in Rasa classics, which are therapeutically effective.

Samprapti ghataka in Atisara⁴:-

Dosha:-Samanavata (chala, shoshana), apana vata (ruksha), pachaka pitta

(drava,sara), Kledakakapha (snigdha , sheeta).

Dushya:- Rasa, sweda, shonita.

Agni:- Jataragni, dhatwagni

Ama:- Jataragni mandyajanya ama, dhatwagni mandya janya ama.

Srotas:- Annava, pureeshavaha, udakavaha.

Udbhavasthana:-Amashaya and pakwashaya

Sanchara and vyaktasthana:- Mahasrotas and kosta.

Srotodustiprakara: - Atipravrutti.

Rogamarga:- Abhyantara.

Pratyatmakalaxana:- Atidravamalapravrutti.

Types of Atisara

- I a.Sama⁵
- b.Nirama
- II a.Vataja⁶
- b.Pittja
- c. Kaphaja
- d.Sannipathaja
- e. Bhayaja
- f. Shokaja

Treatment principles of Atisara

Since the treatment of *Atisara* is not apart from the treatment of *ama* and *pakwa*, hence in all kinds of *Atisara* signs and symptoms of *ama* and *pakwa* should be determined first⁷.

Rasa oushadis are extensively used in the treatment because of its less dose, palatability and quick action. Almost 10 *rasayogas* have been mentioned in *Athisara adhikara* of *Bhaisajya Rathnavalli*⁸. 18 *rasa yogas* in *Abhinava Chintamani*⁹, 10 *rasa yogas* in *Vaidyachintamani*¹⁰, 4 *rasa yogas* in *Yoga rathnakara*¹¹ and *Rasendra Sambhava*¹², 6 *rasa yogas* in *Rasa rathna sammuchaya*¹³.

Individual Rasa dravyas having Athisara hara property are enlisted

Rasa dravyas - *Mruta Parada*¹⁴, *Hingula*¹⁵, *Kharpara*¹⁶, *Gouripashana*¹⁷, *Churnodaka*¹⁸, *Sambuka*¹⁹

Visha dravyas – *Vatsanabha*²⁰.

Upavisha dravya – *Dhattura*²¹, *Ahiphena*²², *Bhanga*²³.

Apart from these single *Rasa dravya*, there are many *Herbomineral/Herbometallic* formulations which are indicated in *Atisara* (Table 1).

Table 1 Rasa oushadis mentioned in different Rasa classics for Atisara.

	<i>Bhaishajya Rathnavalli</i> ⁸	<i>Abinava chintamani rasa</i> ⁹	<i>Vaidya chinthamani</i> ¹⁰	<i>Rasa.Rathna .Sammucchaya</i> ¹¹	<i>Abinava chintamani rasa</i>
1	<i>Purnachandrodhaya rasa</i>	<i>Mruthasanjeevini rasa</i>	<i>Karunyasagara rasa</i>	<i>Anandha bhairava rasa</i>	Mruthasanjeevini rasa
2	<i>Gaganasundara rasa</i>	<i>Mruthunjaya rasa</i>	<i>Lokanatha rasa</i>	<i>Sudhasara rasa</i>	Mruthunjaya rasa
3	<i>Lokanatha rasa</i>	<i>Nityananda rasa</i>	<i>Maha rasa</i>	<i>Rasottama rasa</i>	Nityananda rasa
4	<i>Chinthamani rasa</i>	<i>Anandabhairava rasa</i>	<i>Kanakasundara rasa</i>	<i>Lokeshwara rasa</i>	Anandabhairava rasa
5	<i>Jatiphal rasa</i>	<i>Lokanatha rasa</i>	<i>Lokeshwara rasa</i>	<i>Lokanatha rasa</i>	Lokanatha rasa



REVIEW ARTICLE

6	<i>Abhayanrusimha rasa</i>	<i>Sotharaja rasa</i>	<i>Truptisagara rasa</i>	<i>Nagasundara rasa</i>	<i>Sotharaja rasa</i>
7	<i>Ananda bhairava rasa</i>	<i>Daradadi churna</i>	<i>Sannipathabhairava rasa</i>		<i>Daradadi churna</i>
8	<i>Karpura rasa</i>	<i>Sarveshwara rasa</i>	<i>Panchamrutha parpati</i>		<i>Sarveshwara rasa</i>
9	<i>Athisararnava rasa</i>	<i>Ahiphenadhi vatika</i>	<i>Anandhabhairava rasa</i>		<i>Ahiphenadhi vatika</i>
10	<i>Kanadi rasa</i>	<i>Abhaya nrushima rasa</i>	<i>Ananda rasa</i>		<i>Abhaya nrushima rasa</i>
11		<i>Chandraprabhavati</i>			<i>Chandraprabhavati</i>
12		<i>Himamsu rasa</i>			<i>Himamsu rasa</i>
13		<i>Maharasa</i>			<i>Maharasa</i>
14		<i>Suwarna makaradwaja rasa</i>			<i>Suwarna makaradwaja rasa</i>
15		<i>Bruhad kumudaka rasa</i>			<i>Bruhad kumudaka rasa</i>
16		<i>Atisara Gajankusha rasa</i>			<i>Atisara gajankusha rasa</i>
17		<i>Candrodaya rasa</i>			<i>Candrodaya rasa</i>
18		<i>Purna candrodaya rasa</i>			<i>Purna candrodaya rasa</i>

	<i>Rasendra sambhava</i> 12	<i>Yoga Rathnakara</i> ¹¹
1	<i>Hanuman rasa</i>	<i>Sarva atisare Sankodaro rasah</i>
	<i>Lokanatha rasa</i>	<i>Lagulayi churna</i>
3	<i>Amrutharnava rasa</i>	<i>Mruthasanjevano rasa</i>
4	<i>Atisara varana rasa</i>	<i>Chandraprabhavati</i>
5	<i>Karpura rasa</i>	
6	<i>Siddagandhara rasa</i>	

DISCUSSION

Most of the formulations indicated in *Atisara* are *khalveeya rasayanas*, in which ingredients are easily available and can be prepared easily. According to *Bhaisajya Rathnavalli*, almost 10 *rasa yogas* have been mentioned in *Atisara adhikara* among which 50% of *yogas* contain *Parada* and *Gandhaka* as ingredients and 40% of *yogas* contain *Hingula* as ingredients. *Abhinava Chintamani* mentioned 18 *rasa yogas* among which 27% of *yogas* contain *Parada*, *Gandhaka* and *Hingula* as ingredients, *Vaidyachintamani* mentioned 10 *rasa yogas* among which 70% of *yogas* contain *Parada* and *Gandhaka*, 30% of

yogas contain *Hingula* as ingredients, 4 *rasa yogas* in *Yoga rathnakara* and *Rasendra Sambhava* mentioned 4 *rasa yogas* among which 75% of *yogas* contain *Parada* and *Gandhaka*, *Rasa Rathna Sammuchaya* mentioned 6 *rasa yogas* among which 66% of *yogas* contain *Parada* and *Gandhaka* as ingredients and 16% of *yogas* contain *Hingula* as ingredients. *Loha bhasma*, *varatika bhasma*, *Rasa sindura*, *Abhraka bhasma*, *Shanka bhasma* are also used as ingredients in few *yogas*. This indicates that *Parada*, *Gandhaka*, next *Hingula* has taken the major components in *Atisarahara Rasa oushadis*. Most of the *Rasa oushadis* either single *rasa dravya* or *Herbomineral* or *Herbometallic* formulation have the properties of *deepana*, *pachana*, which helps in reliving the *Atisara*.

The *Rasa dravyas* when combined with other herbs like *Jatiphala* and *visha*, *upavisha dravyas* like *Vatsanabha*, *Dhattura*, *Ahiphena*, *Bhanga* etc which is having *grahi* and *sthambhan asu*, *vyavayi*,



REVIEW ARTICLE

yogavahi properties act as best potent *Atisarahara* formulation. The role of minerals along with varied herbals (including *visha*, *upavisha dravyas*) in this formulation to be screened for its specific *Atisara* condition is the further needed research. So such research should be conducted which exclusively explains the *Atisara* condition with specific combination in future.

CONCLUSION

A handful of *Atisarahara* drugs are mentioned in Rasa classics, which are therapeutically effective and Rasadravya helps in achieving *ashukaritwa*, *alpamatra* along with other herbs in these formulations. *Parada*, *Gandhaka*, next *Hingula* has taken the major components in *Atisarahara Rasa oushadis*. Most of the *Rasa oushadis* either single *rasa dravya* or *Herbomineral* or *Herbometallic* formulation have the properties of *deepana*, *pachana*, *grahi*, *sthambhana*, which helps in reliving the *Atisara*. The review indicates that the *Rasa oushadis* can be administered in different condition of *Atisara* with different *anupanas*, but still there is need of scientific research data to clearly elaborate utility of this formulation in the management of *Atisara*.



REVIEW ARTICLE

BIBLIOGRAPHY

1. Sushruta Samhita, Uttara sthana, Vol III, English translation by Prof K R Srikantha Murthy, Choukhambha Orientalia, Varanasi, 2017 edition, Chapter 40, Sloka 1, 2, Page no 696.
2. Dr Reddy P. Sekhar, A text book of Rasashatra, Chaukhmbha Orientalia, Varanasi, 2017, Edition, Page no 17.
3. Antidiarrheal medicine: OTC relief for diarrhea - family doctor.org /https://family doctor.org, jan18, 2018.
4. Dr Mahesh Udupa H, Comprehensive Kayachikitsa and principles of Ayurveda, Laveena publications, 2nd edition, Chapter 18, Page no 933.
5. Sri Vaidya Shodala, Gada nigraha with Hindi commentary by Sri Indradeva Tripathi, edited by Sri Ganga Sahaya Pandey, Choukhambha Sanskrit Sansthan, Varanasi, 3rd edition, Chapter 2, sloka 43-45, Page no 166.
6. Sushruta Samhita, Uttara sthana, Vol III, English translation by Prof K R Srikantha Murthy, Choukhambha Orientalia, Varanasi, 2017 edition, Chapter 40, Sloka 7, Page no 224.
7. Sushruta Samhita, Uttara sthana, Vol III, English translation by Prof K R Srikantha Murthy, Choukhambha Orientalia, Varanasi, 2017 edition, Chapter 40, sloka 24, page no 227.
8. Bhaishajya Rathnavalli, Kaviraj Govind Das Sen, edited with Hindi commentary by Prof Siddhi Nandhan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Sloka 130- 163, Page No 249- 252.
9. Abhinava Chintamani, Prem Kishor, Sudharsan Das, Madhavana Chandra Nanda, Kendriya Ayurveda Evam Sidda Anusandhan parishad, Delhi, 1st edition, 1999, Sloka 16- 144, page no 184- 199.
10. Vaidya Chintamani, Vallabhacharya, 16th century, Dakshina prakshana, 2nd edition- 1996, Chapter 6, Page no 143 - 146.
11. Yoga Rathnakara, with Vaidya prabha hindi commentary by Dr Indradev Tripathi, Dr Daya Shankar Triapthi, Krishnadas Academy, Varanasi, 1998, 1st edition, sloka 184- 193, page no 217- 218.
12. Rasendra Sambhava, Pandit Vishwanath Dwivedi Vaidya, Chowkhambha Krishnadas Academy, Varanasi, edition 2019, Sloka 265 – 270, Page no 271- 273.
13. Rasa Ratna Samucchaya, Vagbhatacharya, Dr Indradev tripathi, edited by Indradev tripathi, Choukhambha Sanskrit Bhawan, Sloka 7 – 36, Page no 180- 182.
14. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal Banarasidas, Publication, reprint 2004, Chapter 7, Sloka 36, Page no 160.
15. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal Banarasidas, Publication, reprint 2004, Chapter 9, Sloka 24, Page no 203.
16. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal Banarasidas, Publication, reprint 2004, Chapter 21, Sloka 95, Page no 556.
17. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal



REVIEW ARTICLE

- Banarasidas, Publication, reprint 2004, Chapter 11, Sloka 143, Page no 267.
18. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal Banarasidas, Publication, reprint 2004, Chapter 11, Sloka 219, 220, Page no 280.
19. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal Banarasidas, Publication, reprint 2004, Chapter 12 Sloka 60, Page no 294.
20. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal Banarasidas, Publication, reprint 2004, Chapter 24, Sloka 48, Page no 655.
21. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal Banarasidas, Publication, reprint 2004, Chapter 24, Sloka 359, Page no 712.
22. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal Banarasidas, Publication, reprint 2004, Chapter 24, Chapter 42, Sloka 144, Page no 692.
23. Rasatarangini, Shri Sadanad Sharma, editor Shri Kasinath Sashtri, Varanasi -01, Motilal Banarasidas, Publication, reprint 2004, Chapter 24, Sloka 402, Page no 721.
24. Vaidya Chintamani, Vallabhacharya, 16th century, Dakshina prakshana, 2nd edition- 1996, Chapter 6, Page no 146.
25. Bhaishajya Rathnavalli, Kaviraj Govind Das Sen, edited with Hindi commentary by Prof Siddhi Nandhan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Sloka 163, Page 252.
26. Vaidya Chintamani, Vallabhacharya, 16th century, Dakshina prakshana, 2nd edition- 1996, Chapter 6, Page no 145.
27. Bhaishajya Rathnavalli, Kaviraj Govind Das Sen, edited with Hindi commentary by Prof Siddhi Nandhan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Sloka 139- 141, page No 250.
28. Bhaishajya Rathnavalli, Kaviraj Govind Das Sen, edited with Hindi commentary by Prof Siddhi Nandhan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Sloka 252, Page no 164- 165.
29. Bhaishajya Rathnavalli, Kaviraj Govind Das Sen, edited with Hindi commentary by Prof Siddhi Nandhan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Sloka 155- 157, Page No 251.
30. Yoga Rathnakara, with Vaidya prabha Hindi commentary by Dr Indradev Tripathi, Dr Daya Shankar Triapthi, Krishnadas Academy, Varanasi, 1998, 1st edition, sloka 187- 191, Page no 217.
31. Bhaishajya Rathnavalli, Kaviraj Govind Das Sen, edited with Hindi commentary by Prof Siddhi Nandhan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Sloka 134- 138, Page No 249.
32. Bhaishajya Rathnavalli, Kaviraj Govind Das Sen, edited with Hindi commentary by Prof Siddhi Nandhan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Sloka 142- 146, Page No 250.

Some of the *Herbomineral/Herbometallic* formulations indicated in Atisara are listed below:-



REVIEW ARTICLE

Name of the formulation	Ingredients	Dose	Bhavana Dravya	Anupana	Indication
<i>Ananda rasa</i> (v c) ²⁴	<i>Jathiphala</i> -1part, <i>Saindhava</i> -1part, <i>Shodhita Hingula</i> -1part, <i>Varatika bhasma</i> -1part, <i>Sunti churna</i> -1part, <i>Sodhita Vatsanabha</i> -1part, <i>Sodhita Dhatura beeja churna</i> -1part, <i>Pippali churna</i> -1part.	1 gunja	-	<i>Sita</i>	<i>Ama Atisara, Udara roga, Grahani, Vata kapha shoola.</i>
<i>Atisara varana rasa (B R)</i> ²⁵	<i>Sodhita Hingula</i> -1part, <i>Sodhita Karpura</i> - 1part, <i>Nagara motha</i> - 1part, <i>Indrayava</i> -1part, <i>Ahiphena</i> – 1part.	1 ratti	<i>Ahiphena</i>		<i>sarva atisara</i>
<i>Anandabhairava rasa (v c)</i> ²⁶	<i>Sodhita Hingula</i> -1part, <i>Sodhita Vatsnabha</i> -1part, <i>Sodhita Tankana</i> - 1part, <i>Maricha churna</i> -1part, <i>Pippali churna</i> -1part.	2 gunja	<i>Jala</i>	<i>madhu, Indryava kashaya</i>	<i>Tridosha atisara</i>
<i>Lokanatha rasa (B R)</i> ²⁷	<i>Rasa sindura</i> -1part, <i>Sodhita Gandhaka</i> – 4 parts, <i>Varatika</i> - q s, <i>Tankana paste</i> – qs.	2 gunja		<i>sunti+atasi +nagara+ motha+dev adaru+vac ha-kashaya</i>	<i>Sarva Atisara</i>
<i>Karpura rasa (B R)</i> ²⁸	<i>Sodhita Hingula</i> -1p, <i>Sodhita Ahiphena</i> -1p, <i>Nagara motha</i> -1p, <i>Indrayava</i> -1p, <i>Jatiphala</i> -1p, <i>Karpura</i> -1p.	2 ratti	<i>Jala</i>		<i>Jwara atisara, atisara, ulbana ratka atisara, grahani.</i>
<i>Abhaya nrusimha rasa (B R)</i> ²⁹	<i>Sodhita Hingula</i> -1p, <i>Sodhita Vatsanbha</i> -1p, <i>Sodhita Parada</i> -1p, <i>Sodhita Gandhak</i> -1p, <i>Abhraka bhasma</i> - 1p, <i>Sunti churna</i> -1p, <i>Maricha</i> - 1p, <i>Pippali</i> -1p, <i>Jeeraka</i> -1p, <i>Tankana</i> - 1p	1 ratti	<i>Jala</i>	<i>madhu</i>	<i>tridosha atisara, sangrahani</i>
<i>Bhairava rasa (V C)</i> ²⁶	<i>Sodhita Parada</i> , <i>Sodhita Gandhaka</i> , <i>Sodhita Hingula</i> , <i>Sodhita Haratala</i> , <i>Sodhita Manasila</i> , <i>Sodhita Vatsanabha</i> , <i>Sodhita Tankana</i> ,	-	<i>Chitraka kashaya +Jambeera rasa + Ardraka rasa – 3days</i>		<i>Sannipataja Atisara</i>
<i>Panchamrita parpati (V C)</i> ²⁶	<i>Sodhita Parada</i> -1P, <i>Sodhita Gandhaka</i> -2P, <i>Tamra bhasma</i> -1P, <i>Loha bhasma</i> -1P, <i>Abraka bhasma</i> -1P.	1 masha		<i>Sangrahi dravyas</i>	<i>Jwara atisara, Kasa, Kamala, Pandu.</i>
<i>Mrutasanjevani rasa (Y R)</i> ³⁰	<i>Sodhita Parada</i> – 1p, <i>Sodhita Gandhaka</i> – 1p, <i>Sodhita Vatsanbha</i> – ¼ p, <i>Abraka bhasma</i> – 1p.	1 valla	<i>Sarpakshi+ Dhataki+ Dhattura+ Atasi+Sunti + Jaya+ Nagarmoth a+ Yavani+ Bilwa+</i>	<i>Sunti, Nagaramot ha+Devad aru+ Ajavayan, Sugandhav ala, Vacha, Kutaja, Dhaniya,</i>	<i>Sadvidha atisara</i>



REVIEW ARTICLE

<p>Gagana sundara rasa (B R)³¹</p>	<p>1 to 2 ratti</p>	<p><i>Dhanyaka</i> + <i>Jeera</i> + <i>Pata</i> + <i>Kanaa</i> + <i>Shiva</i> + <i>Kutaja</i> <i>twak</i> + <i>Kapitta</i> + <i>Dadima</i> + <i>Indrayava</i></p>	<p><i>Pata</i> + <i>Indr</i> <i>ayava</i> + <i>Shalmalli</i> + <i>Vishwabha</i> <i>ya</i> – <i>churna</i> + <i>madhu</i></p> <p><i>Atisara,</i> <i>Bhayankara jwara,</i> <i>Grahani, Aruchi,</i> <i>Amashoola, Rakta</i> <i>sarva Athisara,</i> <i>Brama, Sotha yukta</i> <i>Athisara,</i> <i>Sangrahani.</i></p>
	<p>Sodhita Parada- 1p, Sodhita Gandhaka – 1p, Abhraka bhasma – 1p, Loha bhasma – 1p, Varatika bhasma – 1p, Rajata bhasma – 1p, Ativisha churna – 1p,</p>	<p>1 <i>Gunja</i></p>	<p><i>Dhanyaka</i> <i>kwatha</i> + <i>Sunti</i> <i>kwatha</i></p> <p><i>Dugdha</i> <i>bilwa</i> + <i>guda</i></p>
<p>Chintamani rasa (B R)³²</p>	<p>1 <i>Gunja</i></p>	<p><i>Jambeera</i> <i>nimbu rasa</i> – <i>Iprahara,</i> T hen subjected to <i>Gaja</i> <i>puta</i></p>	<p><i>Tambula</i> <i>patra</i> <i>rasa</i> + <i>chinch</i> <i>rasa</i> + <i>maricha</i> with <i>jala</i></p> <p><i>Three doshajanya</i> <i>Atisara and</i> <i>Grahani</i></p>
	<p>Sodhita Parada – 1p, <i>Tamra bhasma</i> – 1p, <i>Sodhita Gandhaka</i> – 1p, <i>Sodhita Vatasnabha</i> – 1p, <i>Tinthidiphala</i> – ½ p.</p>		