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Exploring the Classical Formulations of *Bhanga* in Ayurveda – A Review

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ABSTRACT

Cannabis sativa, also known as *Cannabis indica* or Indian hemp, is an annual herb of the family Cannabinaceae. It has been used by humans throughout recorded history for its food, fiber and medicine. It is a native to Central Asia, and long cultivated in Asia, Europe and China. Plants yielding the drug seem to have been discovered in India, cultivated for medicinal purposes as early as 900 BC. Hindu devotees offered *Cannabis* to Shiva during religious ceremonies, and the herb continues to have a religious association in India. The medicinal use of *Cannabis* has very long history. However, the sociopolitical pressure led to decline the medicinal use of *Cannabis*. This fast-growing plant has recently seen a resurgence of interest because of its wide applications. It is observed that, there are 210 formulations which contain *Bhanga*, out of which 102 contain *Bhanga* as one of the major ingredient, whereas in 91 formulations, it's a minor ingredient.

Key Words *Bhanga*, *Cannabis sativa*, *Cannabaceae*, *Ayurveda*

INTRODUCTION

Wild edible plants play an important role in the food and nutritional security of large section of Indian population living in remote area. These plants are a good source of minerals and vitamins essential to take the edge off malnutrition of the tribal people living in harsh environments. The Himalayan Region of India is well known for biodiversity of wild edible plants especially consumed by local people in the form of food, medicine, fuel, fodder, timber, fiber and for other purposes. The various parts, such as roots, rhizomes, tubers, bulbs, leaves, seeds, flowers, fruits and barks of the plants are used for the above mentioned

purposes. In Sanskrit the plant is called *Vijaya*. Since its discovery it has been used by millions of people for both inducing pleasure and for pain alleviation. Besides stimulant, exhilarant and sedative, the active principle of Indian hemp lies in the plant resin. *Cannabis sativa* found all over the India. It is commonly occurs in waste grounds, along road side and irrigation channels of gardens. *Cannabis* yields more than 538 chemicals of various classes.

MATERIALS & METHODS

In the present review information of *Bhanga* is used as an ingredient are extracted from available 41 *Rasagranthas* and 26



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Chikitsagrantha . The following texts were referred for the present review namely, *Vaidyachintamani*[04] , *Rasakamadhenu Purvardha*[05] , *Rasendra sarasamgraha* [06] *Siddhabhaishajaya-manimala* [07] , *Bhavaprakasha Chikitsa* [08] , *Yogaratnakara* [09] , *Rasarajmahodadhi*[10] , *Rasayogasagara – II*[11] , *Vaidyaka Rasayana*[12] , *Bharata Bhaishajya Ratnakara I* [13] , *Sahastrayoga*[14] , *Yogachintamani* [15] , *Bharata Bhaishajya Ratnakara-II* [16] , *Bruhatnighanturatnakara*[17] , *Bhaishajya Ratnavali* [18] , *Yogatarangini* [19] , *Rasakamdhenu Uttarardha*[20], *Rasachintamani*[21],

Rasaratnasammuchaya [22], *Rasayogasagara-I* [23] , *Bruhatrasarajasundara* [24], *Bharata Bhaishajya Ratnakara-V* [25], *Bharata Bhaishajya Ratnakara IV*[26] , *Rasayansara*[27] , *Arkaprakasha*[28] , *Rasatarangini*[29] , *Vaidyachamatkarachintamani*[30] , *Rasendrasambhava*[31] , *Rasendrachintamani*[32] , *Bharata Bhaishajya Ratnakara-III*[33], *Harita* [34] , *Vaidyaratnama*[35] , *Rasajalanidhi*[36] , *Abhinava Navajeevana* [37] , *Rasamanjiri*[38] , *Anandakanda*[39] , and *Vasavarajiyama*[40] .

OBSERVATIONS AND RESULT

TABLE 1 Formulations containing *Bhanga* as a major ingredient for internal application.

S. N.	Yoga(Formulation)	Adhikara(Indication)	Reference
1.	<i>Agnikumara Rasa (24)</i>	<i>Grahani</i>	6, 13
2.	<i>Agnikumara Rasa III</i>	<i>Agnimandya</i>	23
3.	<i>Anya Kalpa</i>	<i>Sangrahani</i>	04
4.	<i>Anyat Lai Churna I</i>	<i>Sangrahani</i>	05
5.	<i>Anyat Lai Churna II</i>	<i>Sangrahani</i>	05
6.	<i>Lai Churna 7(Bruhat)</i>	<i>Grahani</i>	26
7.	<i>Bhanga Churna (ii)</i>	<i>Kushtha</i>	07
8.	<i>Bhanga Churna [Bharjita] iii</i>	<i>jwara</i>	07
9.	<i>Bhanga Churna</i>	<i>Jwara</i>	08
10.	<i>Bhanga Churna</i>	<i>Amatisara</i>	09
11.	<i>Bhanga Putapaka</i>	<i>Nasaroga</i>	08
12.	<i>Bruhat Lai Churna(i)</i>	<i>Sangrahani</i>	05
13.	<i>Bruhat Lai Rasa (ii)</i>	<i>Atisara</i>	05



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14.	<i>Bruhat Kameshwara Modaka</i>	<i>Vajeekarana</i>	26
15.	<i>Churna (i)</i>	<i>Putanaroga</i>	10
16.	<i>Churna (ii)</i>	<i>Vajeekarana</i>	07
17.	<i>Daradadi Vati</i>	<i>Vajeekarana</i>	11
18.	<i>Dhananjaya</i>	<i>Agnimandya</i>	07
19.	<i>Dnyanodaya rasa</i>	<i>Jwara</i>	12, 25
20.	<i>Dyanodaya Rasa</i>	<i>Rasayana</i>	11
21.	<i>Gangadhara churna [bruhat]</i>	<i>Grahani</i>	14, 37
22.	<i>Gokshura Paka (ii)</i>	<i>Vajeekarana</i>	23
23.	<i>Gokshura Paka</i>	<i>Kshaya</i>	15
24.	<i>Gokshuradi Paka</i>	<i>Prameha</i>	12
25.	<i>Grahanigajakesari Rasa (1)</i>	<i>Sangrahani, Grahani</i>	16, 23
26.	<i>Grahanikapata Rasa (II)</i>	<i>Grahani, Kaphapitta , Sangrahani</i>	23 ,09, 17
27.	<i>Grahanikapata Rasa(16) (v)</i>	<i>Grahani</i>	23
28.	<i>Grahanishardula Churna</i>	<i>Grahani</i>	23
29.	<i>Grahaniyari Rasa (2)</i>	<i>Grahani</i>	23 ,18
30.	<i>Jatiphaladi Churna</i>	<i>Sangrahani, Atisara , Grahani</i>	16,19,12,09; 17
31.	<i>Jaya patra Churna</i>	<i>Nasaroga</i>	18, 16
32.	<i>Jayadi Vati</i>	<i>Shoola, Vandhyatva</i>	16
33.	<i>Jayakhanda Churna</i>	<i>Atisara</i>	16
34.	<i>Jwalanala Rasa</i>	<i>Ajeerna</i>	17
35.	<i>Kamagnisandiapana Modaka</i>	<i>Rasayana, Vajeekarana</i>	20, 18
36.	<i>Kamadeva Rasa (10)</i>	<i>Vajeekarana</i>	23
37.	<i>Kamadeva Vati</i>	<i>Vajeekarana</i>	19
38.	<i>Kamadeva Vati</i>	<i>Rasayana, Vajeekarana</i>	13
39.	<i>Kamadeva Modaka Rasayana</i>	<i>Vajeekarana</i>	10
40.	<i>Kamadeva Modaka Rasayana II</i>	<i>Vajeekarana</i>	10
41.	<i>Kameshwara Modaka</i>	<i>Vajeekarana</i>	11
42.	<i>Kameshwara Modaka</i>	<i>Vajeekarana , Rasayana</i>	23 , 13 , 21, 18
43.	<i>Kameshwara Modaka (3)</i>	<i>Vajeekarana</i>	23



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44.	<i>Kameshwara Modaka (4)</i>	<i>Vajeekarana</i>	23
45.	<i>Kameshwara Modaka (5)</i>	<i>Vajeekarana</i>	23
46.	<i>Kameshwara Modaka (8)</i>	<i>Rasayana, Vajeekarana</i>	23
47.	<i>Kameshwara Modaka (9)</i>	<i>Vajeekarana</i>	15
48.	<i>Kameshwara Modaka (10)</i>	<i>Grahani</i>	12
49.	<i>Kameshwara Modaka (2)</i>	<i>Vajeekarana</i>	23,18
50.	<i>Kameshwara Modaka III</i>	<i>Rasayana</i>	11
51.	<i>Kamasundara Modaka</i>	<i>Vajeekarana</i>	12 ,23
52.	<i>Karpuradya Rasa</i>	<i>Prameha</i>	24,06, 23
53.	<i>Katukadi Kwatha</i>	<i>Jwara</i>	25
54.	<i>Kumaryasava III</i>	<i>Gulma</i>	13
55.	<i>Lai Churna (6)(Laghu)</i>	<i>Sangrahani , Atisara, Grahani</i>	24,08 , 17
56.	<i>Lai Churna</i>	<i>Sangrahani</i>	27
57.	<i>Lai Churna (Madhyama) (3)</i>	<i>Grahani</i>	26
58.	<i>Lai Churna (1)</i>	<i>Grahani</i>	26
59.	<i>Lai Churna (2)/ Madhya Lai churna Madhya Lai</i>	<i>Sangrahani</i>	26, 24
60.	<i>Lai Churna (4)(Laghu)/ Lai Rasa</i>	<i>Grahani, Atisara</i>	26 , 05,
61.	<i>Laxmivilasa Avaleha</i>	<i>Vajeekarana</i>	12
62.	<i>Lavika (Madhyama)</i>	<i>Churna</i>	26,
63.	<i>Lavika Churna II(Mahat)</i>	<i>Grahani</i>	21, 24
64.	<i>Madaka dravya Arka</i>	-	28
65.	<i>Madana Kameshwari Leha</i>	<i>Vajeekarana</i>	12
66.	<i>Madana Modaka</i>	<i>Vajeekarana, Rasayana</i>	13
67.	<i>Madananda Modaka</i>	<i>Vajeekarana</i>	26
68.	<i>Madana Modaka</i>	<i>Grahani</i>	22,26
69.	<i>Madanodaya Modaka</i>	<i>Rajayakshma, Sangrahani</i>	29
70.	<i>Mahakameshwara I</i>	<i>Vajeekarana</i>	26
71.	<i>Maha Kameshwara Modaka</i>	<i>Vajeekarana</i>	26
72.	<i>Majuma Usaba Magarabi</i>	<i>Sarvaroga</i>	10
73.	<i>Mundyadi Gutika I</i>	<i>Sannipata Sangrahani</i>	17 ,26



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74.	<i>Mrutsanjeevana Rasa(ii)</i>	<i>Sannipata Jvara</i>	10
75.	<i>Pushti Dava</i>	<i>Vajeekarana</i>	10
76.	<i>Rasayana yoga</i>	<i>Vajeekarana</i>	12
77.	<i>Rativallabha Modaka</i>	<i>Vajeekarana</i>	26
78.	<i>Rativallabha Modaka</i>	<i>Vajeekarana</i>	26, 11, 18
79.	<i>Shweta Aparajita Nasya</i>	<i>Apasmara</i>	22
80.	<i>Sparshavataghna rasa</i>	<i>Sparshavata</i>	13
81.	<i>Stambhana Avaleha</i>	<i>Vajeekarana</i>	25
82.	<i>Stambhana Vati (3)</i>	<i>Rasayana</i>	11
83.	<i>Takra</i> (prepared with <i>Shotha</i>)		18
84.	<i>Talakeshwara Rasa</i>	<i>Vatavyadhi</i>	20,18,24
85.	<i>Talisadi Churna</i>	<i>Grahani, Atisara</i>	11,04, 14
86.	<i>Talavatika</i>	<i>Rasayana</i>	16
87.	<i>Trailokyavijaya Vati</i>	<i>Atisara</i>	23
88.	<i>Trivruttadi Modaka</i>	<i>Parinamashoola</i>	16
89.	<i>Udayaditya Rasa (4)</i>	<i>Sparshavata</i>	23
90.	<i>Vangeshwaradi Vati</i>	<i>Jwara</i>	26
91.	<i>Vati (Bhanga)</i>	<i>Vajeekarana</i>	07
92.	<i>Vati (Bhanga)</i>	<i>Vajeekarana</i>	07
93.	<i>Veeryastambhakari Vatika</i>	<i>Vajeekarana</i>	26,13
94.	<i>Vijaya Avaleha</i>	<i>Atisara</i>	26,08
95.	<i>Vijaya Ghruta</i>	<i>Vajeekarana</i>	26
96.	<i>Vijaya Gutika</i>	<i>Sangrahani</i>	05
97.	<i>Vijaya Yoga (i)</i>	<i>Vataja Jwara</i>	26,17
98.	<i>Vijaya Yoga(ii)</i>	<i>Rasayana</i>	26
99.	<i>Vijaya Yoga(iii)</i>	<i>Nasaroga</i>	26
100.	<i>Vijayadi Gutika</i>	<i>Kasa, Shwasa</i>	30
101.	<i>Vijayeshwara Rasa</i>	<i>Twakavikara</i>	15
102.	<i>Vyoshadi Churna</i>	<i>Sangrahani</i>	17

Table 2 *Yoga* (Formulations) containing *Bhanga* as a as a minor ingredient.

S. N.	<i>Yoga</i> (Formulation)	<i>Adhikara</i> (Indication)	Reference
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1.	<i>Afimpaka</i>		15
2.	<i>Agastya Rasayana</i>	<i>Sangrahani</i>	23 , 19
3.	<i>Ahiphena Paka(i)</i>	<i>Vajeekarana</i>	13
4.	<i>Ahiphena Paka(ii)</i>	<i>Vajeekarana</i>	23
5.	<i>Amruta Vatika</i>	<i>Rasayana</i>	18
6.	<i>Anya Churna</i>	<i>Sangrahani</i>	04
7.	<i>Arkadi Kwatha</i>	<i>Dhanurvata</i>	30
8.	<i>Atisar vidaranama Rasa</i>	<i>Atisara</i>	23
9.	<i>Bhanga Sharabata</i>	<i>Kshaya</i>	
10.	<i>Bruhat Chandramruta Rasa</i>	<i>Kshaya, Kasa</i>	31
11.	<i>Bruhatpaniya Gutika</i>	<i>Amlapitta</i>	32
12.	<i>Bruhat purna chandra Rasa</i>	<i>Rasayana, Vajeekarana</i>	24
13.	<i>Bruhatchandramruta Rasa [II]</i>	<i>Rajajakshma</i>	26
14.	<i>Bruhatpaka</i>	<i>Sarvaroga</i>	10
15.	<i>Chandramruta (Bruhat)</i>	<i>Rasa</i>	15
16.	<i>Chyavanprasha Avaleha</i>	<i>Kshaya</i>	36
17.	<i>Dadimavaleha</i>	<i>Atisara, Sarvatisara</i>	04, 33, 09
18.	<i>Drashtaphala paniya Vatika</i>	<i>Kaphaja Jwara</i>	24
19.	<i>Duralabha Arishta</i>	<i>Arishta</i>	13
20.	<i>Gangadhara Churna</i>	<i>Grahani</i>	16
21.	<i>Gandharyadi Nasya</i>	<i>Shiroroga</i>	23
22.	<i>Garbhavinodi Rasa</i>	<i>Sutikaroga</i>	24
23.	<i>Gokshurapaka (i)</i>	<i>Vajeekarana, Prameha</i>	10
24.	<i>Gokshura Paka</i>	<i>Vajeekarana</i>	34
25.	<i>Grahanikapata Rasa(9)(i)</i>	<i>Grahani</i>	23, 36 , 23
26.	<i>Grahanikapata Rasa II</i>	<i>Atisara</i>	19
27.	<i>Gunjagarbha Rasa (1)</i>	<i>Rasayana, Hrudroga</i>	23 , 33
28.	<i>Gunjagarbha Rasa(3)</i>	<i>Vajeekarana</i>	23
29.	<i>Haridradi Modaka</i>	-	10
30.	<i>Jatyadi Vati</i>	<i>Bahumutra</i>	14



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31.	<i>Kalagnirudro Rasa</i>	<i>Kaphaja Jwara</i>	24
32.	<i>Kameshwara Modaka (2)</i>	<i>Vajeekarana</i>	13,18
33.	<i>Kameshwara Modaka (1)</i>	<i>Vajeekarana</i>	23, 33
34.	<i>Kameshwara Rasa</i>	<i>Vajeekarana</i>	38
35.	<i>Kamsandipana Modaka</i>	<i>Vajeekarana</i>	10
36.	<i>Kaphachintamani Rasa</i>	<i>Kapha Roga</i>	06,24, 31,13,23
37.	<i>Karpursundara Vati</i>	<i>Vataja Grahani</i>	23
38.	<i>Kasturibhushana rasa</i>	<i>Jwara</i>	31, 18 23
39.	<i>Kasturyadi Stambhana Vati</i>	<i>Vajeekarana</i>	23, 13
40.	<i>Kesara Paka (2)</i>	<i>Rasayana, Vajeekarana</i>	23
41.	<i>Khajuramruta Kalpa</i>	<i>Vajeekarana, Prameha</i>	10
42.	<i>Kuchila Paka</i>		10
43.	<i>Kushmanda Paka (Bruhat)</i>	<i>Vajeekarana</i>	23
44.	<i>Madhya Lai Churna</i>	<i>Sangrahani</i>	26, 05
45.	<i>Lakshmilasa Rasa</i>	<i>Vatavyadhi, Rasayana, Vajeekarana, Vishamajwara</i>	06, 18, 24, 26, 33
46.	<i>Lavangasava</i>	<i>Prameha, Dhatukshaya</i>	26
47.	<i>Lavangadi Gutika</i>	<i>Agnimandya</i>	13
48.	<i>Madanmanjiri Gutika</i>	<i>Vajeekarana</i>	13
49.	<i>Madankama Rasa</i>	<i>Upadansha</i>	06
50.	<i>Madanpraksha Churna</i>	<i>Vajeekarana,Prameha</i>	26
51.	<i>Mahabilvadya Leha</i>	<i>Pitta roga</i>	14
52.	<i>Mahabhutwara Ghruta</i>	<i>Balaroga</i>	18
53.	<i>Mahakameshwara Kalpa</i>	<i>Rasayana Kalpa</i>	39
54.	<i>Mahalakshmilasa</i>	<i>Shiroroga</i>	31, 18, 06,31,18
55.	<i>Mahalavangadi Churna</i>	<i>Jwara</i>	40
56.	<i>Mahapushti Dava</i>	<i>Vajeekarana</i>	10
57.	<i>Maharaja Vati</i>	<i>Vishamajwara</i>	06,18
58.	<i>Majum Usaba</i>	<i>Upadansha</i>	10
59.	<i>Mansoullasaka Churna</i>	<i>Vajeekarana</i>	13
60.	<i>Modakadi Churna</i>	<i>Atisara</i>	26



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61.	<i>Nagasundara Rasa</i>	<i>Atisara</i>	23,33
62.	<i>Namardihara Paka II</i>	<i>Vajeekarana</i>	10
63.	<i>Naradiya Lakshmilasa Rasa</i>	<i>Rasayana, Vajeekarana</i>	06
64.	<i>Narayana Churna</i>	<i>Sangrahani</i>	33 ,17
65.	<i>Narayanjwarankusha Rasa</i>	<i>Taunajwara</i>	33,09
66.	<i>Paniya Vatika</i>	<i>Jwara</i>	33
67.	<i>Pippalyadi Churna</i>	<i>Sangrahani</i>	33
68.	<i>Praneshwara Rasa (3)</i>	<i>Sarvaraoga</i>	33
69.	<i>Pushtikara Churna</i>	<i>Vajeekarana</i>	10
70.	<i>Rajayoga</i>	<i>Vajeekarana</i>	26
71.	<i>Rasachandrika Vati</i>	<i>Shiroroga</i>	06 , 18 ,26
72.	<i>Rasadi Gutika</i>	<i>Vatavyadhi</i>	24
73.	<i>Rudra Tailam I</i>	<i>Shiroroga</i>	26
74.	<i>Saouvarchaladi Churna</i>	<i>Grahani</i>	23
75.	<i>Shakravhadi Kwatha</i>	<i>Sheeta Jwara</i>	30
76.	<i>Sharbata</i>	<i>Prasuti roga</i>	10
77.	<i>Sharbata II</i>	<i>Prasuti roga</i>	10
78.	<i>Shigru Pushpa Rasayana</i>	<i>Prameha</i>	26
79.	<i>Shushkamuladya Taila</i>	<i>Shotha</i>	18 ,25
80.	<i>Stambhana Vatika(1)</i>	<i>Vajeekarana</i>	25
81.	<i>Swarjiksharadi Yoga</i>	<i>Grahani</i>	11
82.	<i>Trushanadi Loha</i>	<i>Sthoulya</i>	06,31,24
83.	<i>Udaradi Loha</i>	<i>Udara</i>	25
84.	<i>Unmattadya Arka</i>	<i>Vajeekarana</i>	13
85.	<i>Unmatbhairava Rasa(2)</i>	<i>Rasayana, Sannipata</i>	23
86.	<i>Upadanshghna Modaka</i>	<i>Upadansha</i>	23
87.	<i>Vajeekarana Yoga</i>	<i>Vajeekara</i>	41
88.	<i>Varisagaro Rasa</i>	<i>Kaphaja Jwara</i>	24
89.	<i>Vasadi Kwatha</i>	<i>Netraroga</i>	13
90.	<i>Vatalakshmi Vilasa</i>	<i>Vatavyadhi</i>	31



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91.	<i>Vijayadi Vrushya Yoga/ Vajeekarana Rasayanabhra Yograja</i>	19
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CONCLUSION

There are many formulations of Bhangra which are not used by Ayurvedic practitioner because of less knowledge. Hence this article is very useful for formulation of *bhangra* as well as for the research of Bhangra [Cannabis Sativa].



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