

Rasaushadhi described in Bhaishajyaratnnavali for the treatment of *Amlapitta* (Hyperacidity)

Rahul.R.Zade, V.K.Pendse, Dhirajsingh Rajput



Abstract:

Ayurveda an oldest science which deals with health, diseases, and their management by using herbal, mineral, and animal originated drugs. Rasashastra, a branch of Ayurveda specially deals with use of various minerals and metal along with the procedures required to transform them into therapeutically fit medicines. In Ayurveda there are three types of medicine, *Asuri* (therapy involving various hymens and rituals), *Daiwi* (divine therapeutics) and *Manavi* (medicinal therapy). *Rasaushadi* (herbo-mineral and herbo-metallic medicines) comes under *Daiwichikitsa*. *Rasaushadi* are easy for administration, tasteless and required in less dose. *Amlapittavyadhi* (hyperacidity) explained mainly by Kashyapa while other Achyarya included this disease under *Grahiniroga* (duodenal disorders). Many *Rasaushadhis* are indicated for the management of *Amlapitta*. Almost 15 herbo-metallic formulations are mentioned in *Amlapitta chikitsa* in Bhaishajyaratnnavali. Here this article aims to review some of the important *Rasaushadhis* used in *Amlapitta chikitsa* (treatment of hyperacidity) mentioned in Bhaishajyaratnnavali. Research data is unavailable on all 15 herbomineral formulations mentioned in Bhaishajyaratnnavali for treatment of *Amlapitta*. Formulation such as *Bhaskaramruta abhrakam*, *Paniyabhaktagutika*, *Paniyabhaktavatika*, *Panchanangutika*, *Shudhavati gutika* and *Sitamanduram* are not available in market and *Leelavilasrasa*, *Amlapittantakloha*, *Sarvatobhadraloham* and *Trifalamanduram* are available in market and claimed to have *Amlapittahar* action. However, there is lack of research works on these available formulations. In most of formulations honey, cow milk and *Kanji* (sour gruel) are used as *Anupan* (vehicle).

Keywords: *Amlapitta*, Bhaishajyaratnnavali, Hyperacidity, *Rasaushadhi*.

Introduction:

In Ayurveda, *Ama* is considered as unripe body fluid or the body fluid formed after incomplete digestion of food which has ability to vitiate all three *Dosha* (three humors of body namely *Vata*, *Pitta* and *Kapha*). *Amlapitta* (hyperacidity) is a disease in which *Pitta* vitiation occurs due to increase in *Amla Guna*. Two forms of *Pitta* are found in body viz *Prakrut Pitta* (normal *Pitta*) and *Vidhagdha Pitta* (putrid *Pitta* with high sourness). Increase in *Amla Guna* increases *Vidhagdha Pitta* which results in manifestation of *Amlapitta*. *Amlapitta* was first mentioned clearly in Kashyapa Samhita. Later Madhava Nidana, Bhavaprakasha and Yoga Ratnakara have also described this disease in detail. In Bhavaprakash improper digestion, exhaustion, nausea, pungent and sour belting's, feeling

Joinsysmed ID: JID15062RA

Submitted Date: 02-11-2015

Approved Date: 20-07-2015

Corresponding Author:

Rahul .R. Zade, PG Scholar,
Department of Rasashastra and BK,
Ashwin Rural Ayurved College,
Manchi hill, Ashwi (BK), Tq:-
Sangamner, Ahmednagar (MH)

Email: drrahulzade@rediffmail.com

Co-author (s):

V.K.Pendse, Professor & H.O.D.,
RSBK Dept, Ashwin Rural Ayurved
College, Manchi hill, Ahmednagar
(MH).

Dhirajsingh Rajput, Asst. Prof,
Dept of Rasashastra and
BhaishajyaKalpana, MGACH &
RC, Salod (H), Wardha (MH).

Conflict of Interest: NIL

Source of Support: NA

Ethical Clearance: NA

Registered to: NA

Acknowledgment: NIL

How to cite the article:

Rahul .R. Zade et.al. *Rasaushadhi*
described in Bhaishajyaratnnavali
for the treatment of *Amlapitta*
(Hyperacidity). Joinsysmed 2015 vol
3(4), pp 191-196

of heaviness, burning sensation in the heart (chest) and throat, loss of taste are its symptoms.

Detail description of *Amlapitta* and its treatment is also found mentioned in classical texts of Rasashastra. There are many single drugs and formulations for *Amlapitta Chikitsa* mentioned in Rasashastra. Bhaishajyaratnavali a compilation text of formulations have compiled some of the beneficial formulations. There are 15 *Rasayogas* (herbo-mineral formulations) has been mentioned in *Amlapitta Chikitsa* of Bhaishajyaratnavali. Hence in present work an attempt has been made to review *Amlapitta* in brief, useful drugs for *Amlapitta* in Rasashastra and *Rasaushadhi* mentioned in Bhaishajyaratnavali.

Rasadraavyas (herbomineral formulations) for *Amlapitta chikitsa*:- Some minerals and animal products are mentioned in treating *Amlapitta* such as *Swarnamakshik* (Copper pyrite), *Tuttha* (Copper sulphate), *Gairik* (Ochre), *Varatika* (Covries), *Tamra* (Copper), *Pravala* (Coral), *Kuchala* (*Strychnus nuxvomica*), *Shankh* (Conch shell), *Shukti* (Oyster), *Markat* (Emerald) and *Vaidhurya* (Cat's eye). Apart from these single drugs there are many mineral and herbomineral combination which are usually used in in *Amlapitta chikithsa*. Such formulations from Bhaishajyaratnavali are compiled in Table no.1.

Discussion:

15 formulations mentioned in Bhaishajya ratnavali in *Amlapitta Chikitsa* among which 80 % formulations mainly contains *Parada* (mercury) and *Gandhaka* (sulphur) as ingredient. Similarly, *Abrakha Bhasma* (incinerated mica) and *Tamra Bhasma* (incinerated copper) utilized in many formulations. *Kajjali* (black sulphide of mercury) has *Yogvahi* property i.e. *Kajjali* carries beneficial properties of medicinal ingredients to the subtle part, enhances their bio-availability which in turn decreases the dose of medicine and acts more effectively on affected channels. This indicates importance of *Parada* and *Gandhaka* in the form of *Kajjali* in *Amlapitta Chikitsa*. *Tamra* has *Tikta Guna* (high potency), *Madhura Vipaka* (creates sweetness in phase of digestion) and *Ushna Virya*. Due to these properties *Tamra Bhasma* improves digestion and assimilation of food which is required to get relief from *Amlapitta*. Similar to *Tamra Bhasma* other *Rasaushadhis* also act as *Deepan-Pachana* (appetizers and digestive) and help to bring relief from indigestion.

Formulation such as *Bhaskaramruta Abhrakam*, *Paniyabhaktagutika*, *Paniyabhakta Vatika*, *Panchanan Gutika*, *Shudhavati Gutika* and *Sitamanduram* are not available in market and there is no research data regarding efficacy of these formulations. Elaborating standardization, characterization, safety and efficacy of these formulations will be valuable contribution to Ayurvedic field. *Leelavilasrasa*[14], *Amlapittanta Kloha* [15], *Sarvatobhadra loham*[16] and *Trifalamanduram* [17] are available in market and claimed to have *Amlapittahar* action. However, there is lack of research works on these available formulations. In most of formulations honey, cow milk and *Kanji* (sour gruel) are used as *Anupan* (vehicle). Honey is an excellent food, used as medicament for many diseases of gastrointestinal tract, gastrointestinal ulcers and chronic gastritis with abnormal or insufficient secretion of acid [18]. Honey has been reported to exhibit antimicrobial activity against pathogenic bacteria such as *Staphylococcus aureus* (*S. aureus*) and *Helicobacter pylori* (*H. pylori*) making this honey a promising functional food for the treatment of wounds or stomach ulcers[19] The Ayurvedic Encyclopaedia describes the uses of ghee as tonic, emollient, rejuvenative, antacid and nutritive. Ghee increases marrow, semen and *Ojas* (essence of body fluids). It also improves intelligence, vision, voice as well as functioning of liver, kidneys and brain. It is the best form of fat for the body and is good for enhancement of memory and digestion [20]. *Kanji* prepared by *Dhanya* is *Jeevaniya* (nourishing), *Daha Nashak* (relieving burning sensation), *Vata-Kapha Hara* (alleviate *Vata* and *Kapha*) and *Trishnahar* (relieves thirst) when used internally [21]. The review indicates that *Rasaushadis* can be administered in *Amlapitta* with different *Anupanas* but there is still need of scientific research data to clearly elaborate utility of these formulations in the management of *Amlapitta*.

Conclusion:

On the basis of information and interpretation, it is clear that *Rasaoushadhi* formulations mentioned in Bhaishajyaratnavali for the treatment of *Amlapitta* comprise very well combination of ingredients. Literary data supports

Table No.1:- Formulations mentioned in Bhaishajyaratnawali for treating *Amlapitta*

Sr. no	Rasayoga	Ingredients		Bhavana Dravya	Refrence	Dose	Indications	Anupan
		Metallic/Mine ral	Herbal					
1	<i>Leelavilasrasa</i>	<i>Shudha Parada</i> <i>Shudha Gandhak</i> <i>Tamara Bhasma</i> <i>Abhraka Bhasma</i> <i>Loha Bhasma</i>	-	<i>Amla Swaras</i> <i>Brhingraj Swarasa</i>	Bhaishjya – Ratnavali	1 Ratti	<i>Shool Vamana</i> <i>Hridayadaha</i>	<i>Godugdha</i> <i>Kushmand Swarasa</i> , <i>Amlaki Swarasa</i> , all with Sugar
2	<i>Amlapittantakloha</i>	<i>Rasasindoor</i> <i>Tamara Bhasma</i> <i>Loha Bhasma</i>	<i>Haritaki Churna</i>	-	Bhaishjya – Ratnavali	1 Ratti	<i>Amlapitta</i>	<i>Madha (Honey)</i>
3	<i>Bhaskaramrut aabhrakam</i>	<i>Abhraka Bhasma</i>	<i>Vasa, Guduchi, Keshraj, Pitapapada, NimbTvaka, Bhringraj, Punarnava, BadiKateri, Motha, Bala, Shatavariswaras</i>	<i>Shatavariswaras</i>	Bhaishjya – Ratnavali	1 Ratti to 2 Ratti	<i>Amlapitta, Shoola, Vaman, Aruchi, Hralaas, Anadravashoola, Trushna, Kamla, Raktapitta, Rajkshma, Shotha, Bhram</i>	<i>Madha (Honey)</i>
4	<i>Amlapittantakloha</i>	<i>Shudha Parada,</i> <i>Shudha Gandhka,</i> <i>Mandur Bhasma,</i> <i>Ayaskant Bhasma,</i> <i>Abhrak Bhasma</i>	-	<i>Amla Swaras</i>	Bhaishjya – Ratnavali	2 Ratti	<i>Amlapitta, Shoola</i>	<i>DhaniyaKwatha</i> <i>HaradKwatha</i> <i>Sauf Kwatha</i>
5	<i>Sarvatobhadraloham</i>	<i>Shudha Parada</i> <i>Shudha Gandhaka</i> <i>Loha Bhasma</i> <i>Tamra Bahsma</i> <i>Abhrak Bhasma</i> <i>Swarnamakshik Bahsma</i> <i>Shudha Manashila</i> <i>Shudha Shilajit</i>	<i>Shudha Gugul</i> <i>Shudha Bhallatak</i> <i>Vayvidang</i> <i>Chitrakmul,</i> <i>Palash, Guduchi, Punarnava, Bhringraj, Shtavari, Nagarmotha, Keshraj, Gorakhmundi, Musli, Trifala, Trikatu, Vidharibeej.</i>	-		Start with 2 Ratti increase daily 2 Ratti upto 8 Ratti	<i>Amlapitta, Shoola, KasaKushta, Aruchi, Arsha, Bhagnder, Aamvata, Vatgulma, Kamla, ,Shwasa, Raktapitta, Grudhrasi.</i>	<i>Madha (Honey)</i>
6	<i>Paniyabhaktagutika</i>	<i>Shudha Parada</i> <i>Shudha Gandhak</i> <i>Loha Bhasma</i> <i>Abhrak Bhasma</i>	<i>Trikatu Churna,</i> <i>Trifala Churna,</i> <i>Nagarmotha,</i> <i>Chitrak, Nishotha, Vidang</i>	<i>TrifalaKawtha</i>	Bhaishjya – Ratnavali	2 Ratti	<i>Amlapitta, Parshava Shoola,</i> <i>Tridoshaj Shoola,</i> <i>Grahini, Kushta, Kasa, Shwasa, Basti Pida, Guda Pida.</i>	<i>Kanji</i>
7	<i>Paniyabhaktavatika</i>	<i>Shudha Parada</i> <i>Shudha Gandhak</i> <i>Abhrak Bhasma</i> <i>Mandur Bhasma,</i>	<i>Kushtha, Vidang, Trikatu Churna, Danti, Trifala Churna, Pipalli, Keshraj, Bruhati, Nishota, Mankand, Surankand, Suryavarth, Charv</i>	<i>AdrakaSwaras</i>	Bhaishjya – Ratnavali	2 Ratti	<i>Amlapitta, Parinamshula, Kasa, Aruchi, Shotha, Arsha, Pandu, Bhagnder, Aamvata, Kamla, Shwasa, Sangrahini, Agnimandya.</i>	<i>Kanji</i>

8	<i>Panchanangutika</i>	<i>Shudha Parada, Shudha Gandhak, Loha Bhasma, Abhrak Bhasma, Tamra Bhasma</i>	<i>Trikatu Churna, Trifala Churna, Nishotha, Apamarga, Chitrak, Pipalimula, Jeera, Asthisanhari, Ajvayan, Sauf, Danti, Charvae, Jeera, Ghantakarn, Mankand.</i>	<i>AdrakaSwar sa</i>	<i>Bhaishj ya – Ratnav ali</i>	<i>1 Ratti</i>	<i>Amlapitta, Parshava Shoola, Shotha, Pandu, Aanaha, Plihavrudhi, Gulma, Udarrog.</i>	<i>Godugdha, Masaras</i>
9	<i>Shudhavatigutika Swalpa</i>	<i>Shudha Parada, Shudha Gandhak, Abhrak Bhasma, MandurBhasma,</i>	<i>Trikatu Churna Trifala Churna, Charvae, Ajvayan, Jeera, Sariva, Sauf, Vacha, Danti, Nishotha, danti, Punarnava, Sahadevi, Ghatkarna, Sariva.</i>	<i>AdrakaSwar sa</i>	<i>Bhaishj ya – Ratnav ali</i>	<i>1 Ratti to 2 Ratti</i>	<i>Amlapitta, Parinamshoola, Aamvat, Kasa, Shwasa, Anaha, Plihavrudi.</i>	<i>Kanji</i>
10	<i>ShudhavatiGutika Madhyama</i>	<i>Shudha Parada, Shudha Gandhak, Loha Bhasma, Abhrak Bhasma,</i>	<i>Trikatu Churna Trifala Churna, Ajvayan, Sauf, Charvae, Jeera, Ghantakarna, Punarnava, Mankand, Pipalimul, Indrayav, Keshraj, Sudarshan, Sahadevi, Nishoth, Danti, Suryavarth, Lalchandan, Bhringraj, Apamarg, Patolpatra, Mandukpami</i>	<i>AdrakaSwar sa</i>	<i>Bhaishj ya – Ratnav ali</i>	<i>4 Ratti</i>	<i>Amlapitta, Parinamshoola, Ajirna, Bhasmakrog.</i>	<i>Kanji (sourgruel)</i>
11	<i>ShudhavatiGutika Bhruhata</i>	<i>Abhrak Bhasma, LohaBhasma, Mandur Bhasma, Shudha Parada, Shudha Gandhak.</i>	<i>Mandukpami, Suryavarth, Musli, Bhringraj, Shatavari, Keshraj, Marich, Triphala, Bhadrarnustha, Vacha, Ajvayan, Charvae, Jeera, sauf, Trikatu, Vayvidang, Motha, Pipalimul, Apamarg, Nishoth, Chitrak, Danti, Mankand, Surankand, Ghatkarna, Sahadevi, Kakadsinghi</i>	<i>Adraka Swarsa</i>	<i>Bhaishj ya – Ratnav ali</i>	<i>4 Ratti</i>	<i>Amlapitta, Parinamshoola, Pandu, Gulma, Shotha, Udarrog, Gudvikar, Rajkshma, Kasa, Mandagni, Arochak, Plihavidhi, Shwasa, Aamvata.</i>	<i>Kanji</i>

12	<i>Trifalamanduram</i>	<i>Mandur Bhasma</i>	<i>Trifala Churna, Gomutra</i>	<i>Trifala Kwatha or Gomutra</i>	<i>Bhaishjya – Ratnavali</i>	$\frac{1}{2}$ Ratti	<i>Amlapittashola</i>	<i>Goghrita, Madha (Honey)</i>
13	<i>Sitamanduram</i>	<i>Mandur Bhasma</i>	<i>Gomutra, Godudha, Trikatu, Yela, Trifala, Vayvidang, Laung, Kuta, Duralbha, Madha, Sharkara.</i>	<i>Trifala Kwatha or Gomutra</i>	<i>Bhaishjya – Ratnavali</i>	Start with $1\frac{1}{2}$ Ratti increase daily upto 1 Ratti	<i>Amlapitta, Shoola, Vamana, Aanaaha, Murcha, Prameha, Rakthjanya Vikara</i>	<i>Godugda</i>
14	<i>Amlapittantak Modak</i>	<i>Abhrak Bhasma, Rajat Bhasma, Vanga Bhasma, Loha Bhasma, Kanse Bhasma, Swarna Bhasma.</i>	<i>Suntha, Pipalli, Supari, Lavang, Nagkeshar, Kuth, Ajvayan, Jeera, Vacha, Lalchandana, Mulethi, Rasna, Devdaru, Triphala, Tejpatra, Yela, Dalchini, SaindhavLavan, Habusha, Kachur, Madanfhal, Kayfhal, Jatamansi, Talishpatra, Padmanakh, Murvamul, Manjith, Vanshlochan, Pipallimul, Sauf, Shatavari, Jayfhal, Javitri, Shitalchini, Nagarmotha, Vayvidang, Karpur, Bala, Guduchi, Konch, Talamkhana, Shevtachandan, Devdali.</i>	<i>Godugdha and Goghrita</i>	<i>Bhaishjya – Ratnavali</i>	3 Ratti to 6 Ratti	<i>Vaman, Murcha, Daha, Kasa, Shwasa, Bhram, Prameha, Tridoshvikara, Sutikarog, Shool, Agnimandhya, Mutrakrucha, Galgraha.</i>	<i>Godugdha or Goghrita</i>
15	<i>Saubhagyashunthi Modak</i>	<i>Loha Bhasma, Abhrak Bhasma,</i>	<i>Trikatu, Triphala, Jeera, Bhringraj, Dhaniya, Kuth, Ajvayan, Kayfhal, Motha, Kakadsinghi, Yela, Jayfhal, Jatamansi, Tejpatra, Talishpatra, Nagkeshar, Gandhmatruka, Kachur, Mulethi, Lavang, Lalchandana.</i>	<i>Godugdha</i>	<i>Bhaishjya – Ratnavali</i>	1 Tola	<i>Amlapitta, Arochak, Shoola, Hridroga, Vaman, Kanthdaha, Shirshoola, Mandagni, Parshavshool, Kushishool, Bastishool, Gudshool, Mutrakrucha, Jwara, Bhram.</i>	<i>Godugdha</i>
*1ratti = 120mg **1Tola = 10gm								

significance of these formulations; further researches on clinical ground required for establishing efficacy of these formulations in the management of *Amlapitta*.

References:

- [1] Dasaji G, Shastri A, Bhaishajyaratnavali, Chaukhamba Sanskrit Sansthan, Varanasi 17th ed. 2004, chap 56 p. 643-649
- [2] Misra S, Rasapadhati. 1st ed.. Chaukhamba Orientalia Varanasi; 1987, 3/25, p. 48.
- [3] Tripathi I, Rasaratnasamuchya, Chaukhamba Sanskrit Sansthan, Varanasi 2nd ed. 2012, 3/25, p. 68
- [4] Murthy S, Bhavaprakasa of Bhavamishra, Vol. 2 (Madhya and Uttara Khanda), Chaukhamba Krishnadas Academy, Varanasi, 4th ed. 2009 chap 10, p. 223.
- [5] Upadhyay Y, Madhav Nidanam, Chaukhamba Prakashan, Varanasi, Vol.2 (Uttarardha), 2009 chap 51, p. 202-205.
- [6] Lakshmi patishastri, Yogratnakar, Chaukhamba Sanskrit Sansthan, Varanasi 7th ed. 1999, (Uttarardha), p. 237-239.
- [7] Gogate VM, Dravyaguna Vighyan, Vaidhyamitra Prakashan, 3rd ed. 2014, chapter 4, p. 70.
- [8] Vaidhya L, Bhaishajyaratnavali, Motilal Banarasidas Prakashak, 8th ed. 1970 p. 603.
- [9] Tewari PV, Kasyapa Samhita, Vrddhajivakiya Tantra, Chaukhamba Visvabharati, Varanasi, Reprint 2008, 16 chapter (Khila-Sthanam) p. 630-635.
- [10] Shukla V, Tripathi R, Charak Samhita, Chaukhamba Sanskrit Pratishthan, Vol.2, Reprint 2010, Chapter 15 p. 358-392.
- [11] Satyapal B, Kasyapa Samhita, Vrddhajivakiya Tantra, 9th ed. 2004, 16 chapter (Khila-Sthanam) p. 335-339.
- [12] Dole VM, Textbook of Rasashastra, Anmol Prakashan, Pune Revised-2008, p. 103
- [13] Kulkarni SD, Ayurvedic Rasaushadhi Nirman, Continental Prakashan, Pune, 1st ed, 1981, 9th chapter p. 258.
- [14] http://www.alwaysayurveda.net/2013_02_01_archive.html Last accessed on 28/09/2015 at 2.15 PM
- [15] <https://kraftly.com/product/baidyanath-amlapittantak-lauh-40-tab-pack-of-3> Last accessed on 28/09/2015 at 2.40 PM
- [16] <http://www.ayurvedaconsultants.com/discussions/facts-of-renal-failure-treatment> Last accessed on 29/09/2015 at 10.12 AM
- [17] <http://www.umaayurvedics.com/lauhamandur.htm> Last accessed on 30/09/2015 at 11.15 AM
- [18] http://pcela.rs/honey_stom_ac.htm Last accessed on 30/09/2015 at 1.45 PM
- [19] French VM, Cooper RA, Molan PC. The antibacterial activity of honey against coagulase-negative *Staphylococci*. J Antimicrob Chemother. 2005;56:228231.
- [20] Formulation and evaluation of cow ghee as a base fast and sustained release chloroquine phosphate suppositories. World Journal Of Pharmacy And Pharmaceutical Sciences 2014;3(6):1493-1509.
- [21] Sushruta. Sushruta Samhita, Shastri A. (editor). 12th Ed. 2001, Chaukhamba Sanskrit Samsthan, Varanasi, Kritanna Varg, 45/215 p. 178