

Rasayana Loha Kalpas explained in Rasa Ratna Samucchaya

Anup P. Pande, Shilpa B. Deshpande, Rohit A. Gokarna, Anita S. Wanjari



Abstract:

In the modern era, people are more health conscious and ensure their sincere efforts to maintain and to upgrade health status. Ayurveda, the Indian science of life brings nature's own gift for rejuvenation and revitalization. Sears of *Rasashastra* have mentioned different formulations having *Rasayana* property. Among all the *Rasa Dravyas* including Minerals and Metals, *Rasa Vagbhata* specified that the *Loha* (Iron) is the best *Rasayana* Drug available on the Earth. There are two chapters of *Rasa Ratna Samucchaya* numbering 26 and 28 are exclusively dedicated to Rejuvenation therapy, Out of which the 28th *Adyaya* deals with *Rasayana Loha Kalpas*. After thorough screening total 31 *Rasayana Loha Kalpas* were identified and on detailed examination of all these *Rasayana Loha Kalpas* we can categorize them on different attributes such *Sarvavyadhihara*, *Vividha Rogahara* and acting on different *srotas* etc. By virtue of properties like very low dose, fast action and "*rudha Deha Siddhi Karatwa*" (Strengthening Body) *Loha Rasayana* will be very useful for human being to protect and enhance their physical and mental health.

Key words: Rasayana, Loha Klp, Rasa Ratna Samucchaya

Introduction:

In the modern era, people are more health conscious and ensure their sincere efforts to maintain and to upgrade health status. Ayurveda a science of life brings nature's own gift for rejuvenation and revitalization[1]. Rejuvenation means making young again. The term used in Ayurvedic text for Rejuvenation therapy is *Rasayana Chikitsa*[3],[4]. The *Rasayana* branch of Ayurveda deals specifically with Rejuvenation and *Rasayana* formulations bestows upon the user, the longevity, with age stabilization, retaining youth for longer with maintaining strength of all organs optimally, enhanced intelligence, aphrodisiac power, improved complexion, voice and allied positive health attributes[5][6]. Our immunity, strength and resistance depend on the quality and quantity of *Ojas*. The main aim of Ayurvedic rejuvenation therapy is to maintain the quality and quantity of *Ojas* at optimum level. The term *Rasayana* does not only refer to a drug or a therapy, it is multi-angled approach for taking care of Body[7][8][9].

Rasashastra is a branch of Ayurveda which transforms the metals and minerals in to bodily assimilable form. These transformations lead to organo-metallic combination which possesses disease curing and rejuvenating properties[10]. Sears of *Rasashastra* have mentioned different formulations having *Rasayana* property. *Rasa Ratna Samucchaya*, is most followed treatise states various *Rasa Dravyas* like *Abhraka*, *Shilajatu* etc. having

Joinsysmed ID: JID1448ON

Submitted Date: 23/11/2014

Approved Date: 14/03/2015

Corresponding Author:

Anup P. Pande, Asst. Professor,
Dept of Rasashastra & Bhaishajya
Kalpana, Mahatma
Gandhi Ayurveda Collage,
Hospital & Research Centre,
Salod(H), Wardha (M.S.),

Email:

vdanuppande7@gmail.com

Co-author (s):

1. Shilpa B. Deshpande, Asst.
Prof. Dept of Panchakarma,
Vidarbha Ayurveda
Mahavidyalaya, Amaravati
(M.S.),

2. Rohit A. Gokarna, Asst.
Professor, Dept of RSBK,
MGACHRC, Wardha

3. Anita S. Wanjari, Asso.
Professor, Dept of RSBK,
MGACHRC, Wardha

Conflict of Interest: NIL

Source of Support: NIL

Ethical Clearance: NA

Registered to: NA

Acknowledgment: NIL

How to cite the article:

Anup P. Pande et al. *Rasayana Loha Kalpas explained in Rasa Ratna Samucchaya Joinsysmed vol 3(1), pp30-33*

Rejuvenation quality[11] [12]. Among all the *Rasa Dravyas* including Minerals and Metals, *Rasa Vagbhata* specified that the *Loha* (Iron) is the best *Rasayana* Drug available on the Earth[13]. Systematic and in-depth knowledge of *Rasayana* features of *Loha* in fifth chapter of the current[14].

While explaining the properties of *Loha*(Iron) depiction like '*Sarvavyadhiharam*' (ability to cure all the diseases) and '*Rasayanavaram*' (best *Rasayana* drug among all the contemporary drugs)[15]. In *Rasa Ratna Samucchaya* there is organized description of *Rasa Dravya* and also the knowledge about the *Vyadhi Chikitsa, Rasayana Chikitsa and Vajikarana Chikitsa*. There are two chapters of *Rasa Ratna Samucchaya* numbering 26 and 28 are exclusively dedicated to Rejuvenation therapy, Out of which the 28th *Adhyaya* deals with *Rasayana Loha Kalpas*, means the formulations containing principle component is *Loha* and having the Rejuvenation quality[16][17]. There are numerous *Loha* preparations mentioned which shows *Rasayana* property. Hence there is a need to explore the *Rasayana* quality of *Loha* and also the unique work of *Rasa Vagbhata* in concerning with *Rasayana Loha Kalpas* explained in 28th *Adhyaya* of *Rasa Ratna Samucchaya*[18].

Materials and Methods:

Screening of *Rasa Ratna Samucchaya* for *Loha Kalpas* mentioned especially for *Rasayana Karma* in 28th *Adhyaya* and *Rasayana* qualities of *Loha* explained in the present text.

Observation and Results:

Rasa Ratna Samucchaya stated numerous *Loha Kalpas* executing *Rasayana* Quality in 28th *Adhyaya*. After thorough screening total 31 *Rasayana Loha Kalpas* were identified[19]. The specific nomenclature for each *Kalpa* was not available only chronological numbering is given. *Acharya* described these *Rasayana Loha Kalpa* in terms of their content, dose, *Anupana* and therapeutic use.

There is also one very unique *Rasayana Loha Kalpa* has been explained in 28th chapter namely *Mrutyuhari Rasayana*. For this *Rasayana*, preparation procedure is similar to *Ayskruti* prepared by *Acharya Shushruta*. For preparation 1st take iron sheet, the thickness of sheet should be *Teela Pramana* (Size of *Sesamum indicum* seed). Now give the heat to iron

sheet up to it become red hot and then rinse it in *Amalaki Swarasa* (Juice of *Embllica officinalis*). Repeat the same procedure for 21 times. After that take one earthen vessel fill it with *Amalaki Swarasa* put the above iron sheet in vessel and do *Sandhibandhana* properly. Keep this vessel in ash for one month. After one month take out the iron sheet and grind in *Kharala* (Mortar and Pestle), wash it with *Amalaki Swarasa* and again put this sheet in same vessel also add some fresh *Amalaki Swarasa*. Repeat the same procedure for 12 successive months. After administration of this *Rasayana* the person can be remain devoid of *Jara* (old are), *Mrutyu* (death), *Shastra Bhaya* (fear of weapons), *Agni Bhaya* (fear of fire) ,*Visha Bhaya* (fear of poisoning), *Jala Bhaya* (fear of water)[52].

Discussion:

Rasa Vagbhata was not only the *Rasaacharya* but also was a good clinician and he explained the different formulations for various diseases from 11th to 30th *Adhyaya*. In 28th *Adhyaya* *Rasa Vagbhata* mentioned 31 different *Rasayana Loha Kalpa* for different *Rasayana Karma* and for curing different diseases. There is no specific nomenclature available for these *Rasayana Loha Kalpas*, only chronological numbering is given to each *Rasayana Loha Kalpas*[53]. These *Kalpas* can be identified on the basis of these numbers. Also *Rasayana Loha Kalpa* for *Trividha Dosha Prakruti* along with its *Sevanavidhi* is explained[54]. *Mrutyuhari Rasayana Loha Kalpa* having the same preparation procedure like *Ayskruti* is described[55][56]. All these different formulation shows awareness of *Rasaacharyas* in respect of *Rasayana* therapy. Also in 5th *Adhyaya* of *Rasa Ratna Samucchaya* there is wide clarification of *Rasayana karma* of *Loha* which state that there is no drug available on earth for *Rasyana Karma* as that of *Loha*[57]. This shows the prominence of *Loha* in the *Rasayana* Drugs.

Out of the 31 *Loha Kalpas* 18 numbers of *Rasayana Loha Kalpas* exclusively contain *Loha* (iron) as a key ingredient. After detailed examination of all these *Rasayana Loha Kalpas* we can categorize them on different attributes such *Sarvavyadhihara, Vividha Rogahara* (Table1). According to *Dosha Prakruti* and According to *Srotasa* on which they

acts. There are five *Rasayana Loha Kalpa* explained for *Kushta* (Different Skin Disorders), three for *Shula* (Abdominal Pain), two for *Kamala* (Jaundice) & *Pandu*

Table 1. Classification of *Loha Kalpas* according to – *Sarvavyadhihara* and *Vividha Rogahara* [20]

<i>Sarvavyadhihara</i>		<i>Vividha Rogahara.</i>	
Shashtama[21]	Trayovimshati [28]	Prathama	Ekadasha
Dashama [22]	Chaturvimshati[29]	Dwitiya	Chaturdasha
Dwadasha[23]	Panchvimshati[30]	Trutiya	Panchadasha
Trayodasha[24]	Shadvimshati[31]	Chaturtha	Saptadasha
Shodasha[25]	Saptavimshati[32]	Panchama	Ashtadasha
Vimshati[26]	Ashtavimshati[33]	Saptama	Ekonvimshati
Dwavishati[27]	Unavimshati[34]	Ashtama	Ekavimshati
		Navama	

Table 2. *Loha Rasayana Kalpas* according to indication -

Rasayana LohaKalpa	Disease on which it Acts
Prathama	<i>Kamala</i> (Jaundice), <i>Pandu</i> (Anemia) , <i>Kushta</i> (Various Skin Disorders), <i>Bruhana</i> , <i>Vrushya</i> [35]
Dwitiya	<i>Kamala</i> (Jaundice), <i>Pandu</i> (Anemia) , <i>Kushta</i> (Various Skin Disorders), <i>Bruhana</i> , <i>Vrushya</i> [36]
Trutiya	<i>Gulma</i> , <i>Pliha</i> (Splenomegaly) , <i>Shula</i> (Abdominal Pain), <i>Amavata</i> (Rhumatoid Arthritis)[37]
Chaturtha	<i>Prameha</i> (Diabetise mellitus)[38]
Panchama	<i>Prameha</i> (Diabetise mellitus) [39]
Saptama	<i>Shula</i> (Abdominal Pain)[40]
Ashtama	<i>Kushta</i> (Various Skin Disorders), <i>Asthistrava</i> , <i>Pandu</i> (Anemia), <i>Arsha</i> (Piles), <i>Shula</i> (Abdominal Pain), <i>Pliha</i> (Splenomegaly) [41]
Navama	<i>Kshaya</i> [42]
Ekadasha	<i>Yakshma</i> , <i>Jwara</i> , <i>Apasmara</i> [43]
Chaturdasha	<i>Amlapitta</i> [44]
Panchadasha	<i>Grahani</i> , <i>Arsha</i> (Piles), <i>Shula</i> (Abdominal Pain), <i>Gulma</i> , <i>Krumi</i> <i>Kshaya</i> [45]
Saptadasha	<i>Kushta</i> (Various Skin Disorders) [46]
Ashtadasha	<i>Medoroga</i> , <i>Kapha-vatajaRoga</i> [47]
Ekonvimshati	<i>Kushta</i> (Different Skin Disorders)[48]
Ekavimshati	<i>NetraRoga</i> (Different Eye Disorders)[49]

Table 3. Classification of *Rasayana Loha Kalpa* According to *Strotas*

Strotasa	Rasayana LohaKalpa
PranaVaha	Navama, Ekadasha, Panchadasha
Anna Vaha	Trutiya, Saptama, Ashtama, Panchadasha
Rasa Vaha	Prathama, Dwitiya, Ekadasha
Rakta Vaha	Prathama, Dwitiya, Trutiya, Ashtama, Chaturdasha Panchadasha, Saptadasha, Ekonvimshati
MamsaVaha	Prathama, Dwitiya, Ashtama, Panchadasha, Ashtadasha
MedoVaha	Chaturtha, Panchama, Ashtadasha
AsthiVaha	Trutiya, Ashtama
MajjaVaha	Ekadasha, Ekavimshati
ShukraVaha	Prathama, Dwitiya

Table 4. *Sevan Vidhi* for *Rasayana Loha Kalpa* of *Trividha Dosha Prakruti*[50]–

Days	1-2	3-4	5-6	7-8	9-10	11-12	13-14	15-16	17-18	19-20
Dose in ratti	2	4	6	8	10	12	14	16	18	20

(Anemia), two for *Prameha* (Diabetise mellitus), *Kalpa* each for *Amlapitta* (Hyper Acidity), *Grahani* (Irritable Bowel Syndrom), *Medoroga*, *Netra Rogahas* (Different eye disorder) been mentioned (table-2).

After analyzing the table-3 it can be ascertained that near about 8 *Rasayana Loha Kalpas* are acting on *Rakta Vaha Strotasa*. Also in the most of Ayurvedic *Samhitas*, *Rasashastriya Grantha* and *Vruddha Vaidya* tradition it is clearly stated that *Loha Bhasma* is useful in improving the Quality and Quantity of *Rakta Dhatu* and *Rakta Vaha Strotasa* as well[58][59].

There is one *Rasayana Loha Kalpa* mentioned for *Trividha Dosha Prakruti* i.e. *Vataja*, *Pittaja*, *Kaphaja*[60]. The ingredients and *Anupanas* are different but key ingredient i.e. *Loha* is common in all. For this particular *Rasayana Loha Kalpa* specific *Sevana Vidhi* is explained in Table 4. Also if this *Loha Kalpa* administered for 7 days then it is considered as *Jaghanya Matra*, For 14 days *Madyama Matra* and For 21 days *Pravara Matra* [61].

Rasayana Quality of Loha: Acharya in 5th *Adhyaya* while explaining all the Metals, describe the different *Rasayana Property of Loha* as *Balakara* (provides strength), *Vayah Stambhana* (delays old age), *Sarvavyadhihara* (cures all diseases), *Rasayanavarm* (Best rejuvenator), *Amrutopam* (like nector), *Aushpradata*, *Balavirya Karta*, *Shreshtatam*

Rasayana for Humana being. All these qualities establishes the importance of *Loha* as *Rasayana* drug. Also when *Loha Bhasma* administered with suitable *Anupana* it cure all disease and if taken for longer duration it attains *Drudhadehasiddhi* which bestows *Rukjanma* and *Jara Nashana* property[62].

According modern point of view Iron is required for a number of vital functions, including growth, reproduction, wound healing and immune function. The main function of Iron is to carry oxygen to the tissues where it is needed. Iron is also essential for the proper functioning of numerous enzymes involved in DNA synthesis, energy metabolism and protection against microbes and free radicals[63].

Conclusion:

Loha is called as '*RASAYANAVARAM*' means the best *Rasayana* according to *Rasa Ratna Samucchaya*. Because of its amazing medicinal properties *Rasa Vagbhata* explained 31 different *Rasayana kalpas of Loha*. By virtue of its very low dose, fast action and '*DRUDADEHASIDDHI KARATVA*', it will be very useful for human being to protect and enhance their physical and mental health.

References :-

- [1]Singh R.H., Rejuvenation and Virilisation through Rasayana and Vajikarana, The principles of Ayurvedic Medicine, Chaukhambha Surbharati Prakashan, Delhi, 2003, 117
- [2]Shrikanth Murthy K. R., Adhyaya Trutiya, Sharangadhara Samhita Prathama Khanda, Chaukhambha Orientalia, Varanasi, 2007, 18
- [3] Ranade Shubhash, Rasayana, Kayachikitsa(A text book of medicine), Chaukhambha Sanskrit Pratishtana, Delhi, 2001,519
- [4] Joshi Y.G., Rasayana Chikitsa, Kayachikitsa, Pune Sahitya Vitarana, Pune, 2014, 37
- [5] Joshi Y.G., Rasayana Chikitsa, Kayachikitsa, Pune Sahitya Vitarana, Pune, 2014, 38
- [6] Ranade Shubhash, Rasayana, Kayachikitsa (A text book of medicine), Chaukhambha Sanskrit Pratishtana, Delhi, 2001,521
- [7]Joshi Y.G., Rasayana Chikitsa, Kayachikitsa, Pune Sahitya Vitarana, Pune, 2014, 39
- [8]Singh R.H., Rejuvenation and Virilisation through Rasayana and Vajikarana, The principles of Ayurvedic Medicine, Chaukhambha Surbharati Prakashan, Delhi, 2003, 119
- [9]Ranade Shubhash, Rasayana, Kayachikitsa (A text book of medicine), Chaukhambha Sanskrit Pratishtana, Delhi, 2001,520
- [10] Mishra Siddhinandan, Prakthana, Ayurvediya Rasashastra, Chaukhambha Orientalia, Varanasi, 2007, 16
- [11] Rasa Vagbhata editaded by Kulkarni Dattatreya Anant, Dvitiya Adhyaya, Rasa Ratna Samucchaya, Meharchanda Lachamanadas Publication, New Delhi, 2010, 18
- [12]Ibid[11], 2/115-116, pp34
- [13] Ibid[11], 5/136-139, pp120
- [14] Ibid[11], 5/69-73, pp106
- [15] Ibid[11], 5/136-139, pp120
- [16] Rasa Vagbhata edited by TripathiIndradev, Shadavinshoadhyaya, Rasa Ratna Samucchaya, Chaukhambha Sanskrit Bhavana, Varanasi, 2006, 26/01, pp347
- [17] Ibid[16], 28/01, pp371
- [18] Ibid[16], 28/01, pp371
- [19] Ibid[16], 28, pp371
- [20] Ibid[16], 28/03 pp371
- [21] Ibid[16], 28/70, pp380
- [22] Ibid[16], 28/82, pp381
- [23] Ibid[16], 28/84, pp382
- [24] Ibid[16], 28/84, pp382
- [25] Ibid[16], 28/92-93, pp383
- [26] Ibid[16], 28/97, pp383
- [27] Ibid[16], 28/99, pp384
- [28] Ibid[16], 28/100, pp384
- [29] Ibid[16], 28/101, pp384
- [30] Ibid[16], 28/102, pp384
- [31] Ibid[16], 28/102, pp384
- [32] Ibid[16], 28/102, pp384
- [33] Ibid[16], 28/102, pp384
- [34] Ibid[16], 28/103, pp384
- [35] Ibid[16], 28/70, pp380
- [36] Ibid[16], 28/70, pp380
- [37] Ibid[16], 28/71-72, pp380
- [38] Ibid[16], 28/73, pp380
- [39] Ibid[16], 28/74-75, pp380
- [40] Ibid[16], 28/77, pp381
- [41] Ibid[16], 28/78-79, pp381
- [42] Ibid[16], 28/82, pp381
- [43] Ibid[16], 28/83, pp381
- [44] Ibid[16], 28/85-86, pp382
- [45] Ibid[16], 28/87-91, pp382
- [46] Ibid[16], 28/93, pp383
- [47] Ibid[16], 28/94, pp383
- [48] Ibid[16], 28/95, pp383
- [49] Ibid[16], 28/97, pp383
- [50] Ibid[16], 28/35-59, pp376
- [51] Ibid[16], 28/58-59, pp374
- [52] Ibid[16], 28/01 371
- [53] Ibid[16], 28/50-52, pp377
- [54] Ibid[16], 28/20-26, pp374
- [55] HiremathShobha G., Chapter 18 AyaskrutiKalpana, A text book of Bhaishajya-Kalpana(Indian Pharmaceutics), IBH Prakashana, Bangalore, 2010,213
- [56] Ibid[11], 5/136-139, pp120
- [57] Anonymous, Shodhana-Marana Prakarana, Ayurveda Sarsangraha, Shri Baidyanath Ayurveda Bhavana Private Ltd, Nagpur, 2004, 162
- [58] Anonymous, BhasmaPrakarana, Rasatantrasar Evam Siddhaprayoga Samgraha Pratham Khanda, Krishna Gopal Ayurveda Bhavana, Kaleda, 1991, 232
- [59] Ibid[16], 28/35-59, pp376
- [60] Ibid[16], 28/57-59, pp376
- [61] Ibid[11], 5/136-139, pp120
- [62] Deb A.C., Water and Mineral Metabolism, Fundamentals of Biochemistry, New Central Book Agency Ltd., Kolkata, 2004,