

Brief review on Suryavarta Rasa - Herbomineral formulation..

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ABSTRACT

Suryavarta Rasa is a herbomineral formulation, indicated in swasa and kasa roga. It is mentioned in Rasakamadhenu, Rasaratna Samuchchaya, Rasajalanidhi and Rasendrasara Sangraha with different proportion of ingredients.

Aims and objectives: Compiling all the references of Suryavarta rasa and reviewing on the drug composition, method of preparation, dose, adjuvant and indication.

Materials and methods: References collected from classical textbooks.

Conclusion: In Ayurveda classics various herbomineral formulations were described for the Kasa and Swasa roga, so here attempt was made to analyze the Suryavarta Rasa.

KEYWORDS: Suryavarta Rasa,swasa,kasa.

I. INTRODUCTION

Suryavarta Rasa(herbomineral compound) mentioned in Rasakamadhenuin Swasargadhikara , RasaratnaSamuchchaya in Kasachikitsa Prakarana, Rasajalanidhi in Hikkaswasayo rasaprayoga , Rasendrasara Sangraha in Hikkaswasa chikitsa. Suryavarta Rasa containsSodhita Parada, Sodhita Gandhaka, Sodhita Tamra.In all the references the ingredients are same, but the proportion of the Sodhita Parada is 2 parts in Rasakamadhenu, proportion of Sodhita Gandhaka is ½ part in Rasaratna Samuchchaya.In all the references Tamra isan ingredient but the form of usage is different. Tamra patra is used in Rasaratna Samuchchaya, Rasa Tarangini and Rasa Kamadhenu. Tamara sutra is used in Rasajalanidhi.In Rasaratna Samuchchaya, it is indicated only in swasa roga but in Rasakamadhenu, Rasajalanidhi, Rasendrasara Sangraha it is indicated for both swasa & kasa roga.

Table no 01:- Ingredients andproportion of Suryavarta Rasa

References	Sodhita Parada	Sodhita Gandhaka	Sodhita Tamra (form)
Rasakamadhenu	2 Parts	1 Part	3 Parts (patra)
Rasaratna Samuchchaya	1 Part	½ Part	2 Parts (patra)
Rasendra sara Sangraha	1 Part	1 Part	2 Parts (patra)
Rasajalanidhi	1 Part	1 Part	2 Parts (sutra)

METHOD OF PREPARATION

1.Rasaratna samuchchaya- Swasa chikitsa prakaranam

The acharya mentioned it as “swase suryavartarasah”. The uniqueness of this reference is its proportion of SodhitaParada and Sodhita Gandhaka.In classical texts samaguna Kajjali, dwiguna Kajjali,chaturguna Kajjali is mentioned , i.e, SodhitaGandhaka quantity will be more than Sodhita Parada or equal quantity. But in Rasaratna Samuchchaya,Sodhita Parada 1 part and Sodhita Gandhaka ½ part , Parada quantity is more than Gandhaka,Kajjali is prepared and triturated with

Gritakumari swarasa for 1 yama(3hr),apply this paste over Sodhita Tamra patra,dry it,keep it in sharava samputaand subjected to agni in Handika yantra for 1 day.After swangasheeta, the prepared medicine should takeout from the sharava samputa and made it into churna.

2. Rasakamadhenu-Swasaroga chikitsadhikara

Prepare Kajjali from 2parts of Sodhita Parada and 1 part ofSodhita Gandhaka. Triturate Kajjali with Gritakumari swarasa for 3 hours made it into paste. This paste is applied over 3 parts of

Sodhita Tamra patra. Kept in sharava samputa and subjected for heat in Valuka yantra for 1 day.

3. Rasajalanidhi-Hikkaswasayo Rasaprayoga

One part of each sodhita Parada & sodhita Gandhaka are to be triturated to get Kajjali, to this Kajjali, Gritakumari swarasa is added and triturated for 3 hours and made it into paste. The paste is mixed with 2 parts of Sodhita Tamra sutra (which made into pieces) then it is kept in sharava samputa and subjected to heat in Valuka yantra for 1 day.

4. Rasendrasara sangraha- Hikkaswasa Chikitsa

Prepare the Kajjali by taking each 1 part of Sodhita Parada and Sodhita Gandhaka, the prepared Kajjali is triturated with Gritakumari swarasa for 3 hours to make it into paste form. This paste is applied with 2 parts of Sodhita Tamra patra. Kept in sharava samputa and subjected for heat in Handika yantra for 1 day. On swangasheeta medicine is collected, powdered and stored.

Table no. 02:- Dose and indication of Suryavarta Rasa according to different acharyas.

	Dose	Indication
1. Rasaratna samuchchaya	2 Gunja	Swasa
2. Rasakamadhenu	2 Gunja	Swasa and Kasa
3. Rasajalanidhi	2 Ratti	Swasa and Kasa
4. Rasendrasara sangraha	2 Ratti	Swasa and Kasa

ANUPANA

Acharyas didn't mention about anupana.

II. DISCUSSION

Method of preparation of Suryavarta rasa is same in all the references, in Rasaratna Samuchchaya & Rasendrasara Sangraha Handika yantra is mentioned and in Rasakamadhenu & Rasajalanidhi Valuka yantra is mentioned. Yantra names were different but Handika yantra is similar to Valuka yantra. Among the 4 references, in Rasaratna Samuchchaya & Rasakamadhenu the proportion of Sodhita Parada is more than Sodhita Gandhaka for preparing Kajjali.

In all the references Tamra is an ingredient but the form of usage is different. Tamra patra in Rasaratna Samuchchaya, Rasa Tarangini and Rasa Kamadhenu, Tamra sutra in Rasajalanidhi. In Rasaratna Samuchchaya, it is indicated only in swasa roga but in Rasakamadhenu, Rasajalanidhi, Rasendrasara Sangraha it is indicated for both swasa & kasa roga. Gritakumari swarasa is used as Bhavana dravya in all the references.

Even though Suryavarta Rasa is indicated in Swasa and Kasa roga, it is mentioned under Hikkaswasayo Rasaprayoga in Rasajalanidhi and Hikkaswasa chikitsa in Rasendrasara Sangraha.

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