



Review Article

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CRITICAL REVIEW OF RASA DRAVYA IN SHARANGADHARA SAMHITA

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ABSTRACT

Sharangadhara Samhita the authentic text of Ayurveda and is one among the Laghutrayee. The book is bifurcated into three Khanda (Parts) naming Prathama, Madhyama, Uttara Khanda. There are 7 chapters in Prathama khanda, 12 in Madhyama khanda and 13 in Uttara khanda. The salient features of the book are Nadi Pareksha (Pulse examination), Pharmacological terms, Principles and practice of pharmaceutics with number of Formulation. In this work an attempt has been done to review complete book to search the use of rasa dravya (Mineral drugs). The rasa dravya which were used as an ingredient, as anupana (adjuvant), used for storage purposes and also in cooking were enlisted in the present work. The book is more focused to Bhaishajya Kalpana, but the author has given importance to Rasa Dravyas also. A few purifications, incineration of metals and minerals are also mentioned in this book. In total 35 metals and minerals, 5 ratnas (Gems) and 13 bhasmas are explained.

Keywords: Sharangadhara Samhita, Minerals & metals, Rasa dravya

INTRODUCTION

The Vedas are considered as the oldest literary record of Indo-Aryan civilization. Ayurveda comes under Atharvaveda (One among 4 vedas). Ancient scholars of Ayurveda have classified Ayurveda books as Brihatrayee (Big triads) and Laghutrayee (Small Triads). Sharangadhara samhita is one among laghutrayee (Small Triads). The Book is a kind of compilation from Charaka Samhita, Susruta Samhita and other contemporary books of Ayurveda. The book is divided into 3 parts naming Khanda (Prathama, Madhyama, Uttara). There are 7 chapters in Prathama khanda, 12 in Madhyama khanda and 13 in Uttara khanda. The salient features of the books are Nadi pareksha (Pulse examination), Pharmacological terms, Principles and practice of pharmaceutics. Infact this book is the back bone of Ayurvedic Pharmaceutics, which is referred by many physicians, practitioners and researchers. Though the book is more focused

to Bhaishajya Kalpana but even the importance is given to Rasa Shastra. In various context there is reference of animal byproduct too. Hence an extensive search of the book was done to find out the Rasa dravyas mentioned in various context. The book written by different author were reviewed. For easy understanding, the data was collected separately from three Khanda and documented accordingly. The context of reference like Shodhana (Purification), Marana (Incineration) and Yogas (formulations) were also documented. The contexts of mentioning of mineral and metals as ingredients, as Anupana (adjuvant), utility as vessel for cooking and storage were recorded and tabulated according to the chapter in each Khanda. The details are as follows:

In Prathama Khanda, Acharya Sharangadhara has not mentioned any formulation, method of Purification and incineration related to metals and minerals. Only Shilajatu is explained as mineral drug.

Table 1: Instances of reference of Minerals and Metals in Prathama Khanda

Chapter no/ Shloka no	Concept of Rasa Dravyas
1/ 9-10	Chapters Explained- Dhatu, Rasaadi Suddhi.
1/35	Loha Bhandu (vessels) for preparation of Kudava (one of the measurement)
1/53	Dhatu (Metals and minerals) retain their potency even after longer periods
4/ 9	Shilajatu (Asphaltum)- Example for Chedana karma
7/ 200	Dhatuja and Upadhatuja Vishas are 7 in number
7/ 204	One of the cause of uncountable disease is Dhatu

Last two chapters out of twelve in Madhyama Khanda namely Dhatu Shodhana Marana and Rasadi Shodhana Marana are exclusively related to minerals and metals. Dhatu Shodhana Marana deals with Dhatus (Metals) and its purification and

incineration process. Rasadi Shodhana Marana deals with the explanation of Rasa (Parada) and 47 Rasa formulations. The Rasa dravyas mentioned are explained as follows.

Table 2: Instances of reference of Minerals and Metals in Madhyama Khanda

Chapter No	Name of Rasa Dravya	In the context
2/5	Shilajatu	Explained as Kwatha Prakshepaka Dravya.
2/105-06	Shilajatu (Ing.)	Eladikwatha- Mutrakricha
5/ 26	Kampillaka (Ing.)	Trivruth Kalka – Krimiroga.
6/148-49	Loha Bhasma (Ing.)	Panchanimba Churna – Kustha
6/ 159	Hataayasa (Loha Bhasma) (Ing.)	Navaayasa Churna – Pandu
7/ 34	Makshika Dhatu (Chalcopyrite), Mandura (Rust iron) (Ing)	Mandura vataka – Kamala
7/ 41,43, 44	Makshika Dhatu, Hataloha, Shilajatu(Asphaltum)	Chandra Prabha Guggulu(Vati) – Prameha
7/ 60	Vanga, Raupya, Naga, Lohasara, Abhraka, Mandura, Rasasindura	Yogaraja Guggulu – Amavata
7/ 71	Cooked in Loha Patra	Kaisora Guggulu – Vatarakta
7/ 89	Shilajatu (Asphaltum) (Ing.)	Triphala Modaka – Kustha
8/24	Tamra Patra (to Cook)	Kushmandaavaleha
9/51	Kasisa, Haratala, Manashila, Kampillaka, Gandhaka, Tuttha, Sindura, Kaasisadha Ghrita (Ingredient)	Kustha Dadru Pama Shirasphota
9/ 59	Tuttha (Ingredient)	Jatyadi Ghrita – Vrana
9/ 60	Kampillaka (Ingredient)	Bindu Ghrita – Jalodara
9/ 83	Tamra Patra (to store)	Phala Ghrita – Vandhya
9/ 142	Kasisa, Manashila, Haratala (Ingredient)	Kasisadhya Taila – Arshas
9/ 148-49	Manashila, Haratala (Ingredient)	Marichadi Taila – Vrana
9/ 159	Ayoraja (Ingredient)	Nilikadhya Taila – Keshakalpa
9/ 161	Lohakitta (Ingredient)	Bhringaraja Taila- Akalpalita
9/ 164	Gairika (Ingredient)	Irimedadhya Taila – Mukhadantaroga
9/170	Tuttha (Ingredient)	Jatyadi Taila - Nadi vrana
9/ 187	Gandhaka, Manashila, Haratala (Ingredient)	Vajri Taila- Kustha
9/ 203	Manashila, Haratala, Gandhaka, Kampillaka, Sindura (Ingredient)	Dhatturataila
10/ 24	Makshika Dhatu (Ingredient)	Kumaryasava.
10/34	Loha Churna (Ingredient)	Lohaasava – Pandu

Table 3: Dhatus and Upadhatus in Madhyama khanda

Chapter / Shloka no.	Rasa Dravya	Context
11/1	Swarna (Gold), Tara (silver), Ara (brass), Tamra (copper), Naga (lead), Vanga (tin), Tikshnam (iron)	Seven Dhatus
11/53	Swarna Makshika, Tuttha, Abhraka, Nilanjana, Manashila, Talaka & Rasaka	Seven Upadhatus
11/79-91	Vajra, Vaikranta as Nila Vaikranta or Lohita Vaikranta, Mani, Mukta , Pravala	Ratnas
11/92	Shilajatu (Asphaltum)	Rasa Dravya
11/99-100	Mandura	Rasa Dravyas
11/57	Vimala/ Rajatha makshika	Rasa Dravyas
11/77	Tankana	Rasa Dravya w.s.r Satwapatana
11/72	Gairika, Kasisa, Tankana, Varatika, Tuvri, Sankha , Kankustha	Rasa Dravya
12/13-17	Gandhaka, Hingula	Rasa Dravyas

Rasadi Shodhana Marana Kalpana- Explanation of Rasa (mercury) and its importance.

Synonyms- Rasendra, Parada, Suta, Haraja, Sutaka, Rasa, Mishraka. Explanation of 9 Dhatus as Tamra, Tara, Ara, Naga,

Hema, Vanga, Tikshna, Kamsya, Kantaloha used as Rasayana. Extraction of Parada from Hingula. Charamara, Suka Tunda, Hamsapada are types of Hingula. Hamsapada is best one. Navasadara appetizing process for parada.

Table 4: Formulations containing minerals ingredients²

Sl.no	Name of Yoga	Shloka no.	Rasadravaya	Remarks
1	Jwarankusha Rasa	12/42-44	-	Jwara
2	Jwarari Rasa	12/45-49	Parada, Rasaka (calamine), Talaka, Tuttha (copper sulphate), Tankana (Borax), Gandhaka	Paste of the drugs are kept in Copper vessel/ Jwara
3	Sitajwarari Rasa	12/50-54	Talaka, Tuttha, Tamra, Parada, Gandhaka, Manashila (Realgar)	Jwara
4	Jwaragni Gutika	12/55-57	Parada, Gandhaka	Jwara
5	Lokanatha Rasa	12/58-82	Parada, Gandhaka, Kaparda (cowries sea shells), Tankana (Borax), Shanka (Conch shells)	Should not consume food in Kamsya Patra/ Kshya Roga
6	Laghu Lokanatha Rasa	12/84-85	Kaparda Bhasma (cowries sea shells), Mandura	Taken 1 Mandala / Rajayakshma
7	Mrganka Pottali Rasa	12/86-95	Swarna, Parada, Tankana, Mouktika (Pearls), Gandhaka	Gajaputa / Kshya (Debilitated)
8	Hemagarbha Pottali Rasa	12/96-105	Parada, Swarna, Gandhaka, Kaparda, Tankana	Bhudhara Yanta/ Gajaputa/ Kshaya, Swasadi
9	Hemagarbha Pottali Rasa (2)	12/106-112	Parada, Swarna, Gandhaka, Mouktika, Shankha, Tankana	Gajaputa/ Given in plate made up of Rajatha / Kshaya
10	Maha Jwarankusha Rasa	12/113-116	Parada, Gandhaka	Vishama Jwara
11	Ananda Bhairava Rasa	12/117-119	Hingula, Tankana	When feels thirst cold water to be given- Diarrhoea
12	Laghu-Suchikabharana Rasa	12/120-126	Parada	Tridosha vitiation

13	Jalabandhu Rasa	12/127-129	Parada, Gandhaka, Manashila, Makshika	Tridosha vitiation
14	Panchavakra Rasa	12/130-133	Parada, Gandhaka, Tankana,	Kapha vitiation
15	Unmatta Rasa	12/134-135	Parada, Gandhaka	Tridosha vitiation
16	Anjana in Sannipata	12/136-137	Parada	Anjana- eye application
17	Mahanaraca Rasa	12/138-139	Parada, Tankana, Gandhaka	Purgation
18	Icchabhedi Rasa	12/140-141	Hingula, Tankana	Purgation
19	Vasanta Kusumakara Rasa	12/142-147	Bhasmas of: Swarna, Abhraka, Loha, Parada, Vanga, Pravala, Mukta	Prameha
20	Rajamrganka Rasa	12/148-152	Bhasmas of: Parada, Swarna, Tamra; Purified: Gandhaka, Manashila, Talaka (Orpiment)	Mixture is put into cowrie's shells sealed with paste of Borax/ Gajaputa / Kshaya
21	Agni Rasa	12/153-161	Parada, Gandhaka, Loha Churna	In copper vessel/ Kshaya Swasadi
22	Amritarava Rasa	12/162-163	Parada, Gandhaka, Loha Bhasma, Tankana	Kasa
23	Suryavarta Rasa	12/164-165	Parada, Gandhaka	Paste is applied over Tamra Patra. Swasa
24	Swaschanda Bhairava Rasa	12/166-168	Parada, Loha Bhasma, Swarnamakshika Bhasma, Gandhaka, Talaka, Tankana	Vatavyadhi
25	Hamsapottali Rasa	12/169-170	Kaparda Bhasma, Tankana, Parada, Gandhaka	Grahani
26	Tribikram Rasa	12/171-173	Tamra Bhasma, Parada, Gandhaka, Tamra Patra	Ashmari/ Baluka Yantra
27	Mahataleshwara Rasa	12/174-179	Purified Haratala, Swarnamakshika, Manashila, Parada, Gandhaka, Tamra Bhasma, Loha Bhasma	Bhudara Yantra/ 6 Puta/ Kustha
28	Kusthakuthara Rasa	12/180-182	Parada Bhasma, Gandhaka, Loha Bhasma, Tamra Bhasma, Shilajatu, Abhraka Bhasma	Kustha
29	Udayadi Rasa	12/183-192	Parada, Gandhaka	In copper vessel
	Udayadi Rasa	12/193	Manashila	
30	Sarveshwara Rasa	12/194-199	Parada, Gandhaka, Tamra Bhasma, Abhraka Bhasma, Loha Bhasma, Shu Hingula, Swarna Bhasma, Rajatha Bhasma, Vajra Bhasma, Purified Haratala	Kustha of all types
31	Swarnaksiri Rasa	12/200-202	-	Rasasindura is taken as Anupana
32	Mehabaddha Rasa	12/203-206	Parada Bhasma, Kanta loha Bhasma, Munda Loha Bhasma, Shuddha Shilajatu, Shuddha Swarnamakshika, Manashila, Abhraka Bhasma	Prameha
33	Mahavanhi Rasa	12/207-211	Parada, Gandhaka	Jalodara
34	Vidyadhara Rasa	12/212-214	Purified Gandhaka, Purified Haratala, Swarnamakshika, Tamra Bhasma, Manashila, Purified Parada	Gulma, Pliha
35	Trinetra Rasa	12/215-216	Tankana, Swarna Bhasma, Tamra Bhasma, Parada Bhasma	Gajaputa/ Parinama Shula.
36	Shulagajakeshari Rasa	12/217-220	Parada, Gandhaka, Purified Tamra	Gajaputa/ Shula
37	Agnitundi Vati Rasa	12/221-223	Parada, Gandhaka	Agnimandya
38	Ajirna Kantaka Rasa	12/224-225	Parada, Gandhaka	Vishuchika
39	Manthan Bhairav Rasa	12/226-228	Parada Bhasma, Tamra Bhasma, Gandhaka, Haratala	In Kaphadi rogas
40	Vatanashaka Rasa	12/229-232	Parada Bhasma, Swarna Bhasma, Vajra Bhasma, Tamra Bhasma, Swarnamakshika Bhasma, Haratala	Vatarogas/ Bhudhara Yantra
41	Kanakasundara Rasa	12/233-237	Swarna Bhasma, Parada, Gandhaka, Tamra Bhasma, Abhraka Bhasma, Swarnamakshika Bhasma, Vanga Bhasma, Souvira Anjana, Loha Bhasma	Mrudu puta/Jwara, Kustha, Bhagandra, Visarpa etc.
42	Sannipataja Bhairava Rasa	12/238-246	Parada, Gandhaka, Bhasma of Rajatha, Abhraka, Tamra, Vanga, Naga, Kantaloha, Pravala Churna	Tridosha vitiation
43	Grahani Kapata Rasa	12/247-251	Rajatha Bhasma, Mouktika Bhasma, Swarna Bhasma, Kantaloha Bhasma, Gandhaka	Grahani
44	Grahani Vajra Kapata Rasa	12/252-258	Parada bhasma, Abhraka Bhasma, Gandhaka, Tankana,	Kept in Loha Patra
45	Kaamadeva Rasa	12/259-261	Rajatha Bhasma, Vajra bhasma, Swarna Bhasma, Tamra bhasma, Parada, Gandhaka, loha Bhasma	Vajikarana/ lavana Yantra
46	Kandarpa Sundara Rasa	12/262-266	Parada Bhasma, Vajra Bhasma, Naga Bhasma, Mukta Bhasma, Rajatha Bhasma, Swarna Bhasma, Krishnaabhraka Bhasma, Pravala Bhasma, Gandhaka	Vajikarana/ Laghu Puta
47	Louha rasayana	12/267-274	Parada, Gandhaka, Tikshna Loha Churna	Tamra Patra

Table 5: Instances of reference of Minerals and Metals in Uttara khanda

Chapter / Shloka no	Rasa Dravya	In the context
5/ 7	Suvarnadi Dhatus	Instruments used in Basti nozzle
8/ 50	Hemataradi	Spoon for instilling oil in Nasya procedure
11/ 10	Manashila (Ingredient)	Varnya Lepa
11/28-33	Loha Patra (to prepare)	Palita Lepa
11/ 35	Shankha Churna, Haratala, manashila (Ingredient)	Romashatana Lepa
11/38	Talaka, Shankha Churna (Ingredient)	Romashatana Lepa

11/40	Kasisa, Manashila (Ingredient)	Switra Lepa
11/42	Talaka (Ingredient)	Switra Lepa
11/43	Loha Churna (Ingredient)	Switra Lepa
11/46, 47	Talaka, Shankha Churna (Ingredient)	Sidhma Lepa
11/48	Gairika (Ingredient)	Netraroga Lepa
11/51, 52	Darada, Gandhaka, Sindura (Ingredient)	Kandwadau Lepa
11/83	Gairika (Ingredient)	Raktaja Sothahara Pralepa
11/85	Kasisa (Ingredient)	Darana Lepa
11/95	Loha Kitta Churna (Ingredient)	Kaphaja Vidhradhi
11/96	Gairika (Ingredient)	Raktaja Vidhradhi
11/108	Gairika (Ingredient)	Agnidagdha Vranaropana Pralepa
11/116	Suta (Ingredient)	Yoni Drava Abhijaya Lepa
11/146	Sambuka (Ingredient)	Sambuka Taila
11/151	Haratala (Ingredient)	Harataladi Yoga
12/31	Gairika (Ingredient)	Raktatipravrutti and its management
13/31	Gairika (Ingredient)	Bidalaka Yoga
13/35	Loha Patra (to prepare)	Netra Pidahara lepa
13/37	Manashila (Ingredient)	Anjanamika lepa
13/59	Loharaja, Tamra, Shankha, Vidruma, Samudraphena, Kasisa, Srotoanjana (Ingredients)	Drugs used in Lekhana Putapaka.
13/72	Tamra, Loha Swarna, Rajata	Shalaka for Lekhana Karma Shalaka for Snehana Karma
13/75	Manashila, Shankha Nabhi (Ingredients)	Chandrodaya Varti
13/79	Samudraphena, Shankha (Ingredients)	Samudraphenadi Varti
13/80	Sankha, Mukta, Ambhuphena (Ingredients)	Dantavarti
13/87, 88	Tuttha, Makshika, Sankha, Manashila, Gairika, Udadiphena (Ingredients)	Rasakriya
13/91	Pravala (Ingredients)	Prabhodhananjana 1
13/92	Manashila (Ingredients)	Prabhodhananjana 2
13/96	Manashila, Samudraphena, Gairika (Ingredients)	Rasanjanadirasakriya
13/105	Sankha (Ingredient)	Krishnasarpavasarakriya
13/106	Manashila, Sankha (Ingredients)	Lekhananjanam
13/108	Samudraphena, Souviraanjana (Ingredients)	Churnaanjanam
13/110	Rasaka (Ingredient)	Ropanachurnaanjana
13/113	Souvira (Ingredient)	Prasadanaanjana
13/116	Thin sheets of Naga (Ingredient)	Dristiprasadini Anjana Nagashalaka
13/119	Shuddha Naga, Shuddha Suta, Krishnanajana (Ingredients)	Nayanamrita

This part is more focused to treatment. The mineral and metal documented as ingredients, vessels to cook, to store and as instrument of different procedures like basti, Nasya.

DISCUSSION

After a thorough documentation of instances of minerals & metals in Sharangadhara Samhita it was observed that 41 minerals & metals have been found mentioned. It is pertinent to note that there are 38 instances of Gandhaka (Sulphur) being mentioned in all three Khanda. Further Parada (Mercury) 33 times, Manashila (Realgar) 23 times, Haratala (Orpiment) 20 times, Tankana (Borax) 14 times, Shankha Churna (Incinerated Conch shell), Loha Bhasma (Incinerated iron), Tamra Bhasma (Incinerated copper) 12 times each, Swarnamakshika (Chalcopyrite) 11 times, Parada Bhasma (Incinerated mercury) 10 times, Gairika (Red Ochre), Swarna Bhasma (Incinerated Gold) 9 times each, Abhraka Bhasma (Incinerated Mica) 8 times, Shilajatu (Asphaltum) 7 times, Rajatha Bhasma (Incinerated Silver), Samudraphena, Mandura (Rust iron), Naga (Lead), Tuttha (Blue Vitrol), Pravala (Coral) 6 times each, Kaparda (Cowry), Swarna (Gold), Kasisa (Green Vitrol) 5 times each, Kampillaka (*Mallotus Phillipensis*), Vajra Bhasma (Incinerated Diamond) 4 times each, Mukta Bhasma (Incinerated Pearl), Vanga Bhasma (Incinerated tin), Swarnamakshika Bhasma (Incinerated Chalcopyrite), Kanta loha Bhasma (Incinerated a variety of iron), Hingula (Cinnabar), Souviranjana, Tamra Churna (Powder of copper), Sindura 3 times each, Rasaka 2 times and the minerals and metals like Munda loha Bhasma (Incinerated a variety of iron), Tikshna Loha Churna (Powdered variety of iron), Sambuka, Abhraka (Mica), Srotoanjana, Rajatha (Silver), Shankha Nabhi, Krishnaanajana,

Ara (Brass), Nilanjana, Vaikranta (Tourmaline), Mani, Vimala, Kamsya, Tuvira, Kankustha are mentioned one time each.

These are the Rasa Dravyas explained as an ingredient and Anupana Dravya. It is notable that number of metals are mentioned as an instrument for different procedures of Panchakarma, Kriyakalpa. Iron or copper are specifically mentioned for the storage or cooking purpose.

In comparison to Rasaratnasamucchya (RRS) a contemporary literature of Rasashastra, then among Maharashtra³ described by RRS Chapala is not found in this book. All Uparasa⁴ Dravyas are observed but in scattered way. Kampillaka, Kaparda, Hingula and Navasada is noted among Sadharana⁵ Rasa. Ara (Pittala) is one of the 7 dhatu according to Sharangadhara which is considered under mishra loha⁶⁻⁸ by latter.

Kasisadhya Ghrita is one of the formulation named under rasadravya. Navasada is appetizer for Parada, also used in various shodhana and marana procedures. Paribhasha is explained but it is only limited to Bhaisajya Kalpana. Bhasma Pariksha like Nirurthha and Varitara in case of Swarna Bhasma and Loha Bhasma is mentioned respectively. Puta like Gaja Puta, Maha Puta, Kukkuta Puta, Mrudu Puta is explained for Marana based on different Minerals and metals. Yantra (Instrument used for various purpose) like Dola Yantra, Urdhwapatana Yantra, Kacchapa Yantra, Lavana Yantra, Bhudara Yantra. Though the procedure heating the drugs and quenching is explained but word Nirwapa is not explained similar the case of Dhalana. Bhawana is explained in many instances. Technical terms like Amrutikarana, Sattwapatana were used by Sharangadhara. Vaikranta is

explained as Substitutes of Vajra. Hingula is explained as Darada. Haratala as Talaka, Parada as Suta in Uttara Khanda. The dose of the minerals as single drug is not mentioned. Rasasindura is explained as Anupana of Swarnakshiri Rasa (one of the formulation). silver plate is used as a vessel to keep prepared medicine. There is also mentioning of Kamsya Patra (bronze vessel/plate) as a Contra indication for consumption of food for the person who is taking Lokanath Rasa.

CONCLUSION

Sharangadhara Samhita is one of the practical book for Ayurvedic Pharmaceutics. The book is more focused to Bhaishajya Kalpana but the author has given importance to Rasa dravyas also. A few purification, incineration of metals and minerals is also mentioned. In total 35 metals and minerals, 5 ratnas (Gems) and 13 bhasmas are explained.

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