



“A CRITICAL REVIEW ON RASENDRA SAMBHAVA”

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ABSTRACT

Rasendra Sambhava is an ancient *Ayurvedic* text by Pandit *Vishvanath Dwivedi* that primarily focuses on *Rasashastra*, which deals with preparation and therapeutic uses of various metals, minerals, animal products in *ayurveda*. This text comprises anubhūt yog of *Charak Samhita, Sushrut Samhita, Vagbhata, Dhanvantri, Harit, Gadani-grah, Bhel Samhita, Bhavprakash, Vangsen, Yogratnakar, Yogtarangini, Yogchintamani, Bhaishjyaratnawali, Sharangdhar Samhita, Chakardutt, Rasarnav, Ras Haridya Tantra, Ras Rattan Samucchya, Ras Ratanakar, Ras Ratana Pradipika, Ras Kamdhenu, Rasendra Mangal, Rasayan Saar etc.* This ancient text contains all the yogas by which *Rasa Chikitsa* is completely successful. The uniqueness of this text is description of metallic and mercurial preparations for the purpose of internal use as medications. Present paper will throw a light on contribution of “*Rasendra Sambhav*” in the field of *Rasashastra*.

KEYWORDS : *Ayurveda, Rashastra, Rasendra Sambhav, therapeutic, Rasa Chikitsa.***INTRODUCTION**

Now days *Ayurveda* is attracting the people all over the world, due to its safe and natural dosage form along with schooling of superior disease free life style regimen. *Rasashastra*, branch of *Ayurveda*, describes details of preparation and therapeutic uses of various metals, minerals, animal products in *ayurveda*. *Rasashastra* is core of *Ayurvedic* healing infrastructure, where different elements and subsets of drug are defined, developed and implemented. A number of ancient text books are available on *Rasashastra* but *Rasendra Sambhav* is one of most important text composed by Pandit *Vishvanath Dwivedi 'Vaidya'*. This text comprises anubhūt yog of *Charak Samhita, Sushrut Samhita, Vagbhata, Dhanvantri, Harit, Gadani-grah, Bhel Samhita, Bhavprakash, Vangsen, Yogratnakar, Yogtarangini, Yogchintamani, Bhaishjyaratnawali, Sharangdhar Samhita, Chakardutt, Rasarnav, Ras Haridya Tantra, Ras Rattan Samucchya, Ras Ratanakar, Ras Ratana Pradipika, Ras Kamdhenu, Rasendra Mangal, Rasayan Saar etc.*¹

This ancient text contains all the *yogas* by which *Rasa Chikitsa* is completely successful. The uniqueness of this text is description of metallic and mercurial preparations for the purpose of internal use as medications. This text is divided into five *Patalas*. First *Patal* describes definitions, Second *Patal* describes *shodhan and maran* of different *dravyas*, their qualities and pacification of their ill effects. The third *Patal* describes *Rasayoga* according to the diseases. The fourth *Patal* describes *kupipakwarasayan*, preparation of *Rasa parpati* and disease wise description of *lauh yogas* and fifth *Patal* describes *anupana, sahpana and pathya-apathya of rasayoga* according to the diseases.

Review ArticleDescription of the Book : -*Rasendra Sambhav*

Pioneer and Interpreter : - Pt. Vishwanath Dwivedi 'Vaidya'

Series:- *Krishnadas Ayurveda* Series 41 Edition, Reprinted 2019 Pages-748

Publication:- Chaukhambha Krishandas Academy, Varanasi.

Speciality :- It is mentioned in five *Patalas*.**Subject Contains:-**

This review contains 5 chapters of *Rasendra Sambhav*, which signified as *patalas*. The text is written in Sanskrit in the form of *slokas* with Hindi explanation. The text starts with a *Mangalacharana* and author shows the full dedication to *Bramha, Vishnu and Sambhu*. Writer gives salutation to *Dhanvantri, Brahma, Vishnu, Sambhu* through various synonyms.

Analysis of Chapters :-

A list of contents of chapters of *Rasendra Sambhav* is placed below for detailed information.

Pratham Patal¹

1st *Patal* contains explanation about *ayurveda lakshna*, characteristic

features of *Rasacharya*, description of *Rasashala*, division of pharmacy, *mana paribhasha*, various definitions used in *Rasashastra* like *triphal, trikatu, trimada, panchgavya* etc, description of total 111 different *ganas* like *jivaniyagana, deepaniya, jwaraghan gana* etc. various *vargas* like *amla varga, dugdha varga, pitta varga* etc., about *swarasa, kalka, kwath, hima, phant, kanji*, about *sandhan kalpana* (*souvira, sura* etc). It also contains extraction of *parad* from *Hingula*, preparation of *kajjali*, process of *amritikaran*, process involved with preparation and utility of *musha*, description of 33 *yantras*, 11 types of *putas* are also there.

Dwitiya Patal²

2nd *Patal* is *Shodhan Maranadi Prakaran* which is divided into *Rasa-Uprasa-adhikara, Dhatu- Updhatu-adhikara, Ratan-Upratna-adhikara, Moukatik-Upmoukatik- adhikara, Visha-Upavisha-Adhikara*.

In Rasa-Uprasa-adhikara,

Detailed description of *Parada*, 10 *Uparasa* types (*Bheda*), Five *Nikarisath uparasa* are explained. *Capal* is given as *Maharasa* but somewhere it is written as *Uparasa*.

Detail description of their types, various *shodhan* and *marana* process, *sattvapatana*, description of their *bhasma -dosha* and their pacification methods are given in very systematic manner.

In Dhatu-Upadhatu-Adhikara,

7 *Dhatu* Three mixed *Dhatu*, 7 *Upadhatu*, Three *Hin-Upadhatu -Sindura, Kasis, Navsadar* are also explained in detail.

Sora, Agnijar and *Samudra-phen* are also explained in this chapter under *Navsadar-adhikara* Detail description of *Dhatu* and *Upadhatu* types, various *shodhan* and *marana* process, description of their *bhasma -dosha* and their pacification methods are given in very systematic manner.

In Ratna-Uparatna-Adhikara,

9 types of *Ratna* and 5 types of *Uparatna* and 5 types of *Nikrisath Uparatna* are described with their *Shodhan* and *Marana* procedures.

In Moukatika-Upamoukatika Adhikara,

8 Types of *Mukta* are mentioned in this chapter depending upon their origin (*Sukti, Sankh, Elephant, Pig, Snake, Fish, Frog, Bamboo*). Only First Variety '*Sukti Mukta*' is practically in use.

Three types of *Upamoukatik - (Sukti, Sankh, Kapardika (Cowries))* are explained here.

Detail Description of their properties, various methods of their *Shodhan* and *Marana* are given.

In Visha – Upavisha Adhikara,

3 types of Visha Swarupa (Khanija, Sthavara, Jangama) are explained. Nine types of Sthavara Visha and bites of various animals like Snake, Scorpion, Spider, Dog, Frog, Insects are explained with 16 methods of their visha Pacification and 11 types In Upavisha are described with various method of their shodhan, their ill effects and pacification methods in this adhikara.

Tritya Patal⁴

3rd Patal is *Rasa Prakaran Chikitsa –Adhikara*, This Patal reveal the significance of *Rasouasadhis* and Various *Rasouasadhis* are explained in different *Roga-Adhikara*.

- 1st Chapter in this Patal is *Virechana Adhikara*, Different methods of Preparation of *Ichhabhedhi Rasa* are given.
- 2nd, 3rd, 4th Chapters of this Patal, *Jwara Adhikara*, *Jwara-Atisara Adhikara* and *Atisara Adhikara* almost 35 *Rasa –yoga* Formulations are mentioned.
- Almost 101 *Roga Adhikara* are given in which 384 *Rasa Yogas* are mentioned with their formulations and their dose. Each Formulations are explained in form of sloka and their hindi explanation are given.
- Line of Treatment for the diseases of Ear, Nose, Eyes and Head is Mentioned.
- Two last Chapters in this Patal are *Grah dosha* and *Pret Roga*, Their treatment is also mentioned.
- Treatment of *Striroga*, *Sutika Roga*, *Garbh Roga* and *Balroga* are also mentioned.
- *Rasayana* and *Vajikaran Rasa* yogas formulations are also mentioned.
- *Visha Vajra Pata Rasa*, *Bhim Rudra Rasa* and *Chatuspad Bhim Rudra Rasa* are given in *Visha Chikitsa Roga-Adhikara*.

Chaturth Patal⁵

4TH Patal is *Kupi-Pakwa-Rasa-Parpati-Loha Prakaran*. In this Patal, *Rasa- Sindura*, *Makardhwaj*, *Kupi-pakwa-Rasayan*, *Parpati* preparation methods are described in detail along with their dosage. In *Loha prakaran*, Different *Loha* preparations are described in Various *Roga-Adhikara* like *Jwara Roga*, *Grahani Roga*, *Arsh Roga*, *Krimi-Roga*, *Pandu-Kamala Roga*, *Rajyakshma Roga*, *Swas-Kasa-Hikka Roga*, *Vata Roga*, *Pitta Roga*, *Amavata Roga*, *Shoola Roga*, *Gulma Roga*, *Mutra-krichha Roga*, *Prameha Roga*, *Kusht Roga*, *Amalpittra Roga*, *Netra- Sir –Roga*, *Stri Roga*, *Vajikaran*.

Pancham Patal⁶

- *Pancham Patal* is *Sahpan-Anupan and Pathya –Apathya Prakaran*. In this *Patal* definition of *Sahpana*, *Anupana*, their dravyas and different *Sahpana* and *Anupana* in different diseases are described.
- Same diseases like *Patal* three are given and their *Pathya –Apathya* (Diet regime) are described with *Sahpana* and *Anupana*.
- Various *Kwatha* and *Churana* are given as *Anupana* in different diseases.
- Various *Pathya –Apathya* Diet regime are prescribed in *Stri Roga*, *Garbh Roga*, *Sutika Roga*, *Soma Roga*, *Bal Roga* differently.
- *Bhringraj*, *Amalaki*, *Haritaki Rasayan* and *Virya sthambhni Vati* are mentioned with their diet regime in *Vajikaran* and *Rasayan Roga Adhikara*.
- Information about the author is mentioned at the end of the text in form of Sloka and Author again give Salutation to the God.

One Extra Patal is mentioned with the name –**Parishist Patal⁷**, In this *Patal*, *Vati Prakaran* is mentioned.

- Total 8 *Vati* formulations are described with their therapeutic uses.
- *Jaya Vati*, *Kankayan Vati*, *Sankh Vati*, *Brihat Sankh Vati*, *Chandraprabha Vati*, *Dugdha Vati*, *Rajahparvartini Vati* and *Khadir Vati* Formulations are mentioned along with their dose and uses.

DISCUSSION AND CONCLUSION

The aim and objective of this text is to provide the complete knowledge of subject with formulations and treatment approaches to benefit Ayurveda scholar and teachers. The text explains different *Ganas* which is helpful in *Dhatu marana* process for prevention and cure of diseases. The text elaborates *Aahara* (Diet – Regime) that can be taken with drug as *anupana* and *Sahpana* to increase the efficacy of the drug. This text also mentioned the treatment of *Stri Roga*, *Sutika Roga*, *Bal Roga*. In this text Scattered information of Various *Granthas* regarding

Formulation of *Rasouasadhis* are collected in one place. A complete Information regarding Basic concept of *Rasashastra* like definitions, *Rasasala*, *Rasa-acharya swarupa*, Classification of *dravya* and their *shodhan*, *marana* process, their ill-effects pacification procedures are explained in a very systemic manner. This *ancient* text contains all the *yogas* by which *rasa chikitsa* is completely successful. The uniqueness of this text is description of metallic and mercurial preparations for the purpose of internal use as medications. This text is beneficial for every teacher and Researchers for complete knowledge of the subject.

There are some demerits of the text also- Only the line of treatment of Various diseases are given but their signs and symptoms are not explained. Modern description of all metals and minerals is not explained but This text mainly focused on Various *Rasa-* formulations and their therapeutic uses.

Conflict of interest - The authors declare no conflict of interest.

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