



## VASANTKUSUMAKAR RASA: A BENEFICIAL AYURVEDIC FORMULATION

## Ayurveda

**Dr. Syed Mujahid Ali**

M.D (Final year) (Chikitsa), R.A Podar Medical College (Govt), Worli, Mumbai-18.

**Dr. Geeta Parulkar**

M.D (Chikitsa)(Mum), PhD (Mum), HOD & Prof., R.A Podar Medical College (Govt), Worli, Mumbai-18.

## KEYWORDS

Vasantkusumakar Rasa, Swarna Kalpa, Rasayana, Ayurvedic Formulation.

## INTRODUCTION:

Vasantkusumakar Rasa is an Ayurvedic Herbo-Mineral formulation, which is widely used for Generalised weakness of the body. It is also famous as An Alternative Aphrodisiac, as well as to correct Madhumeha (Diabetes Mellitus as sugar-reducing agent). This is the medicinal drug, which provides natural nourishment to the body cells and helps in the treatment of weakness caused due to above said ailments. This combination of different Herbo-Mineral medicines provides natural immunity in the body and boosts up the energy. [1]

## Contents Of Vasantkusumakar Rasa[1]

S.N	COMMON NAME	LATIN NAME	PART	
1	Swarna Bhasma	Calcined Aurum (Au.)	2	
2	Rajata Bhasma	Calcined Argentinum (Ag.)	2	
3	Kanta Loha Bhasma	Calcined Ferrum (Fe.)	3	
4	Vanga Bhasma	Calcined Stannum(Sn.)	3	
5	Naga Bhasma	Calcined Plumbum(Pb.)	3	
6	Abhakra Bhasma	Calcined Mica	4	
7	Pravala Bhasma	Calcined Coral CaCO3	4	
8	Mukta Bhasma	Calcined Pearl CaCO3	4	
9	Kasturi	Musk	1	

## Bhavana Dravyas Of Vasantkusumakar Rasa:[1]

S.N	COMMON NAME	LATIN NAME	FAMILY	PART
1	Godugdha	Cow's Milk	-	-
2	Ikshurasa	Saccharum Officinarum	Gramineae	Stem
3	Vasarasa	Adhatoda Vasica	Acanthaceae	Leaf
4	Laksharasa	Laccifer Lacca	Lacciferidae	Exudate
5	Sugandha Bala Kwatha	Valeriana Wallichii	Valerianaceae	Root
6	Kadalikand Rasa	Musa Sopientum	Musaceae	Bulb
7	Kamal Pushpa Rasa	Nelumbo Nucifera	Musaceae	Flower
8	Chameli Pushpa Rasa	Jasminum Officinale	Oleaceae	Flower

## Properties Of Ingredients Of Vasantkusumakar Rasa According To Ayurveda :[1]

S.N	NAM E	RASA	GUNA	VIR YA	VIPAKA	DOSHAGH NTA	KAR MUKTA
1	Abhakra Bhasma	Madhura	Snigdha	Shita	Madhura	Tridoshanashaka	Rasayana, Vajikara, Dipana, Pachana, Mehnashaka, Raktasanjana

2	Swarna Bhasma	Kashaya, Tikta, Madhura	Guru, Snigdha, Picchila	Shita	Madhura	Tridoshanashaka	Vrishya, Balya, Rasayana, Ojovardhaka, Brihana, Dhatuposhaka, Pipasa nashaka, Pramehanashaka
3	Rajata Bhasma	Kashaya, Amla	Snigdha, Guru, Sara	Shita	Madhura	Vatakaphanashaka	Lekhana, Prasadena, Dipana, Rasayana, Sara, Pramehanashaka, Dhatu poshaka, Pipasa nashaka
4	Loha Bhasma	Tikta, Madhura, Kashaya	Sara, Guru, Rukshaya	Shita	Madhura	Tridoshanashaka	Raktasanjana
5	Naga Bhasma	Madhu, Tikta	Guru, Snigdha	Ushna	Madhura	Tridoshanashaka	Pramehanashaka, Dipana, Amapachan, Rasayana, Balya
6	Vanga Bhasma	Tikta, Amla	Laghu, Ruksha	Ushna	Madhura	Kaphittahara, Ishata Vatavardhak	Pramehanashaka, Swapna doshanashaka, Ratriswedanashaka, Dipana, Pachana, Ruchikaraka
7	Mukta Bhasma	Madhura	Laghu	Shita	Madhura	Kaphapittanashaka	Kshyanashaka, Balya, Hridya
8	Pravala bhasma	Madhura	Laghu	Shita	Madhura	Tridoshanashaka	Dipana, Pachana, Viryavardhaka, Swednashaka, Ratriswednashaka
9	Vasaptra Rasa	Tikta, Kashaya	Laghu, Ruksha	Shita	Katu	Kaphapittanashaka	Meha, Kushthanashaka, Raktavardhaka, Mutrala
10	Ikshu Rasa	Madhura	Snigdha	Shita	Madhura	Vatanashaka, Kaphavardhaka	Mutrala, Vrishya, Hridya, Pipasanashaka, Dahap rashamana

11	Kamal Pushpa Rasa	Kashaya, Madhur, Tikta	Laghu, Snigdha, Picchila	Shita	Madhur	Kaphapittanashaka	Dahaprashama, Mutra virechaniya, Mutra viranjaniya, Hridaya, Balya, Stambhaka
12	Kadali Kanda Rasa	Madhur	Guru, Snigdha	Shita	Madhur	Vatanashaka, Kaphavardhaka	Vatanashaka, Kaphavardhaka
13	Chameli Pushpa Rasa	Tikta, Kashaya	Laghu, Snigdha, Mridu	Ushna	Katu	Tridoshamaka	Mukha & Danta-Roganashaka, Mutrakricchanashaka,
14	Dugdha	Madhur	Mridu, Snigdha	Shita	Madhur	Vata-Pittahara	Dhatuvardhaka, Ojovardhaka, Rasayana

### Properties Of Ingredients Of Vasantkusumakar Rasa:

#### Actions of Abharaka Bhasma:

It is Laghu gunatmak and Pachaka (Digestible) as per Ayurvedic literature. A beneficial **Nervine tonic** used widely in **Respiratory tract infections** and **Anemia**, **Erythropoietic** as well as **Aphrodisiac** action.[2]

#### Actions of Swarna Bhasma:

It is an excellent **Aphrodisiac**, which improves **Stamina & Strength**. It also corrects quality and quantity of semen by correction of **Erectile dysfunction**, **Premature ejaculation** and **Infertility** upto good extent in males. It is famous as a **Cardiac tonic** and useful in **Generalized weakness**. It acts for **Good Memory**, **Intelligence** and useful in **Nervine weakness**. It maintains **Muscle strength** & helps in all **Wasting diseases** like Snayu Daurbalya ( **Muscular dystrophy**), problems due to aging etc. [3]

#### Actions of Rajata Bhasma:

It is Kashaya, Madhura & Amla by taste. It is useful in **Cardiovascular diseases** & also improves **Skin complexion**, Pachana (Digestion), **Body strength** and **Immunity**, as well as **Medha Vardhak (Intelligence)**. It is an **Excellent Rejuvenative & Anti-aging** medicine. It relieves **Daha** (Burning sensation), **Madhumeha (Diabetes Mellitus)**, **Muscle wasting**, **Urinary disorders**, **Jwara (Fever)**, **Apasmara (Epilepsy)**. [4]

#### Actions of Loha Bhasma:

It is having Madhur, Amla and Tikta in effect. It is also a nourishing agent. It is useful in **Cardiovascular diseases**. It improves **Strength**, **Immunity**, **Complexion**, **Memory**, **Intelligence**, **Digestive power** and acts as a **Natural Aphrodisiac**. It is useful in **Gastric complaints**, **Skin & Eye disorders**, **Obesity**, **Diabetes Mellitus**, **Udara Shoola (Abdominal colic)**, **Yakrut Vikara (Liver disorders)**, **Muscle wasting** etc. [4]

#### Actions of Naga Bhasma:

It helps in treating various kinds of diseases, such as **Madhumeha (Diabetes Mellitus)**, **Shwasa (Bronchitis)**, **Kasa (Cough)**, **Mandagni (Low digestive fire)**, **Pandu (Anaemia)** & **Aamvata (Rheumatoid Arthritis)**. [5]

#### Action of Vanga Bhasma:

It is useful in Ayurvedic treatment of **Madhumeha (Diabetes Mellitus)**, **Medoroga (Obesity)**, **Krumi Vikara (Worm Infestation)**, **Swapnadosha (Nocturnal emission)**, **Pandu (Anemia)**. **Arochaka (Anorexia)**, **Skin complexion**, **Intelligence**, **Bala (Strength)** and **Vyadhikshamatva (Immunity)**. [6]

#### Actions of Mukta Bhasma:

It is very good **Antacid** and **Aphrodisiac**. [4]

#### Actions of Pravaala Bhasma:

It is ideal for treatment of **Netra Vikara (Eye disorders)**, **Shwasa Vikara (Chronic Respiratory Diseases like Cough & Cold etc)** & **Raktapitta (Bleeding disorders)**. It also improves **digestive** as well as **Vision power**, **Immunity** and **Skin complexion** etc. [4]

### Dosage And Anupana:

#### • According to Bhaishajaya Ratnawali

**Dose** – (250mg) Twice Daily

**Anupana** – Honey and Ghee in unequal quantity

#### • According to Rasendra-Sara Samgraha

**Dose** – (250mg) Twice Daily

**Anupana** – Madhu (Honey) and Ghee in unequal quantity, Cow's milk, Sugar

#### • According to AFI (Ayurvedic Formulary of India)

**Dose** – (125-250mg) Twice Daily

**Anupana** – Madhu (Honey) and Ghee in unequal quantity

### Indications According To Afi:

(Ayurvedic Formulary of India)

**Madhumeha (Diabetes Mellitus)**, **Kaibya (Impotence)**, **Shwetapradara (Leucorrhoea)**, **Raktapradara (Menorrhagia)**, **Raktapitta (Bleeding disorders)**, **Kasa (Cough)**, **Shwasa (Asthma)**, **Pandu (Anaemia)** etc. [4]

### Contraindications Of Vasant Kusumakar Rasa:

(Ayurvedic Formulary of India)

In **Pregnancy**, **Children**, In major diseases. [1]

### Discussion With Results:

Total **60** patients were screened in M.A Podar Hospital's OPD in last 4 months to manage different ailments, among which 20 were suffering from low stamina and strength, 20 were from moderate generalised weakness, and 20 were from moderate loss of concentration. It has observed that, **70%** related Patients improved **Stamina & Strength**, **60% Generalised weakness & 50% Loss of concentration**.

The advantages of Vasantkusumakar Rasa already mentioned above under the heading **“PHARMACOLOGICAL PROPERTIES OF INGREDIENTS OF VASANTKUSUMAKAR RASA”**.

### REFERENCES:

1. Archana et al: Vasantkusumakar Rasa – “A Best Antidiabetic Drug In Modern Era”: A Review. International Ayurvedic Medical Journal {online} 2018 {cited October, 2018}
2. The effects of Abharaka Bhasma on serum Testosterone levels & Epididymal sperm quality in Heatstroke wistar Rats” Babita Bharti, Puroshottam Kale, RJ College, Mumbai.
3. Antioxidant effect of Gold nanoparticles restrains hyperglycemic conditions in Diabetic mice. Manikantbharat Selvaraj, Kailash Kalimuthu, Suresh babu.
4. Ayurveda Saarsangrah by Shri Baidyanath Ayurveda Bhavan Limited, Edition 2011 pg343.
5. Screening of Antidiabetic effect of Naga Bhasma in alloxan induced Hyperglycemic Rats. Smita Deshmukh, Chandrashekhar Bhingare, Pune Maharashtra.
6. Screening of Antidiabetic effect of Vanga Bhasma in alloxan induced Hyperglycemic Rats. Praveen mehta, Chandhan soni, Gwalior M.P.