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Critical review of Sootshekhar Rasa w.s.r. to Rasayogsagar

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ABSTRACT

Ayurveda is the oldest surviving complete medical system in the world. Rasashastra and Bhashjya Kalpana is one of the important branches of Ayurveda that deals with the pharmaceutical processing, preparation of compound medicines and therapeutic utility of metals and minerals. Sootshekhar Rasa is an important formulation in the practice of Ayurveda. There are 3 different Patha Bheda in Rasayogsagar of Sootshekhar Rasa. The article mainly compiles review of 3 Patha Bheda of Sootshekhar Rasa from Rasayogsagar.

Key words: Sootshekhar Rasa, Rasayogsagar, Kharliya Rasakalpana, Bhavana.

INTRODUCTION

Sootshekhar Rasa is a Kharliya Rasakalpana which contains various types of drugs Sootshekhar Rasa is commonly used in clinical practice to treat Amlapitta (acidity), Gulma, Kasa (cough), Shwasa (asthma), Mandagni (decrease in digestive fire). It is very effective on Pittagata Vyadhi (disease). The main purpose of this study is to compile and review of all information available in 3 Patha Bheda of Sootshekhar Rasa from Rasayogsagar.

MATERIALS AND METHODS

Rasayogsagar Granth, previous research work done on Sootshekhar Rasa, research journals, thesis

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database is reviewed. Sootshekhar Rasa is not a single formulation but it is a variety of formulations according to different Patha Bheda of Rasayogsagar to study them in comparative manners in terms of their composition, method of preparation, dose, and indication.

Table 1: Represent the Patha Bheda mentioned in Rasa Yog Sagar

Patha Bheda	Patha Bheda 1	Patha Bheda 2	Patha Bheda 3
References	Yog Ratnakar, Ras Chandashu, Nighanthu Ratnakar, Rasayan Sangrah, Vaidya Chikitsa ^[1]	Rasayan Sangrah ^[2]	Ras Chandashu ^[3]
Ingredients	Shudhda Para, Suvarna Bhasma, Shudhda Tankana, Shudhda Vatsanabha, Trikatu Churna, Shudhda Dhatura, Beej, Shudhda Gandhak,	Shudhda Para, Sunthi, Shudhda Gairik	Abhrak Bhasma, Rasa Sindoor, Suvarna Bhasma, Tandra Bhasma, Loha Bhasma,

	Tambra Bhasma, Chaturjat, Shankh Bhasma, Bilva Maja, Kachhora Churna		Shudhda Vatsnabha, Dhatu Beej, Chaturjat, Tankan, Sunthi, Trikatu, Kasturi.
Bhavana	Bhanga Swarasa	Tambul Patra Swarasa	Adrak Swarasa and Bhanga Swarasa
Matra	1 Ratti	1 Ratti	1 Ratti
Rogadhik ar a/c to Anupana	With Madhu and Ghrut to treat Amlapitta, Gulma, Kapha, Mandagni, Rajyakshama (tuberculosis)	with Madhu and Seeta to treat Amlapitta, Mutrakruichch a (difficulty in micturation)	1.Madhu/Ma dhu+Adrak - Vataj and Kaphaj Vyadhi, 2.Khanda+Ad rak - Vataj and Pittaj Vyadhi 3. Rasnadi Kwath - Vataj Vyadhi 4.Guduchi+M adhu - Prameha (diabetes) 5. Seeta + Godugd - Pittaj Vyadhi, Pandu (anemia), Mandagni

Preparation method

Patha Bheda 1

It contains total 12 *Dravyas*. All ingredients of *Patha Bheda 1* takes in equal parts and *Bhavana* (trituration substance) is given by *Bhanga Swarasa* (cannabis). It is commonly used in clinical practice. Several students reviewed it and many *Vaidya* modified this formula. This *Patha Bheda* contains all three types of origin i.e. Mineral origin, plant origin, and animal origin. The pharmacological properties of ingredients of this

Patha Bheda show that they have *Pittahar Guna*. Maximum ingredients in the *Patha Bheda* has a *Deepan* (improve digestive fire) quality which trends to increase *Dhatavagni* (digestive fire) thus leads to *Pachan* (digestion) of *Aam* and helps in treating *Amlapitta*. Among *Patha Bheda 1* and *Patha Bheda 3*, there are 7 drugs are common but *Rogadhikar* of both are different. *Shudhda Gandhak* (sulphur) and *Shudhda Shankh* (conch shell) *Bhasma* (ash) founds only in *Patha Bheda 1* which treats *Amlapitta*. *Shudhda Gandhak* is “*Diptanal: Pachan Aamonmochan Shoshano*”^[4] (improves *Agni* and helps in digesting undigested food). *Shudhda Shankh Bhasma* is “*Amlapittavinashana Agnimandhaharo*”^[5] (It helps in decreasing acidity and improves *Agni*). The main *Rogadhikar* of this *Patha Bheda* is *Amlapitthar*.

Patha Bheda 2

Take *Shudhda Parad*, *Shudhda Sunthi* (dry ginger) ½ Karsh (5gm) each, *Shudhda Gairik* 4 Karsh (40gm) and *Bhavana* is given by *Tambula Swaras* (betel leaf). *Parad*, *Sunthi* and *Gandhak* will mix or not it is a hypothesis. The *Parad* is *Guru* (heavy) and *Snigdha* (unctuous) and its *Rasa* is *Shadarasa*. *Gairik* (ocher) has *Madhur*, *Kashay Rasa* and *Virya* (potency) is *Sheet*. These ingredients show that it has *Pittahar Guna*.^[6]

Patha Bheda 3

All ingredients of *Patha Bheda 3* take in equal part except *Kasturi* (musk of deer). Take *Kasturi* 1/4 of total weight and *Bhavana* is given by *Adrak Swaras* and *Bhanga Swaras*. The main feature of this *Patha Bheda* is it contains *Rasa Sindoor Kalpa* and *Abhrak Bhasma*. *Rasa Sindoor* is a *Yogwahi Kalp*. It has tremendous function on body. Maximum ingredients has *Kapha Har Guna*.^[7]

Observing closely of each *Pathabheda* of *Sootshekhar Rasa* suggest that each *Kalpa* contains different ingredients, and their *Bhavana Dravya* is also different. Dose of *Sootshekhar Rasa Vati* is same for all *Pathabheda*. Among *Patha Bheda 1* and *Patha Bheda 3*, there are 7 drugs are common but *Rogadhikar* of both are different. *Para*, *Gandhak*, *Bilva Maja* and *Kachhora* (spiked ginger) these are founds

in *Patha Bheda* 1. *Patha Bheda* 3 contains *Abhrak*, *Rasa Sindoor*, *Loha*, *Sunthi*, *Kasturi* which acts on *Kapha Dosha*.

DISCUSSION

Soot Shekhar Rasa can be considered as one of the most important herbo mineral combination by seeing its ingredients and different *Rogadhikar*. It can be clearly stated that it has a wide range of action. The main action is on *Pittaj* and *Kaphaj Vyadhi*. The main *Rogadhikar* of *Soot Shekhar Rasa* is on *Amlapitta*, *Gulma*, *Kas*, *Agnimandya*. It has been used in various *Roga* depending upon few changes in ingredients. We have reviewed 3 *Pathabheda* of *Soot Shekhar Rasa* but in order to prove the efficacy and safety of this herbo mineral combination advance research on preparation, standardization, clinical trial should be done.

CONCLUSION

From the literature review of *Sootshekhar Rasa* mentioned in *Rasa Yog Sagar* we can get a clear idea of wide range of action of the formulation in *Pittaj Roga* along with this can be used for determining which combination to be taken for a particular disease and to differentiate the *Rogadhikar* of each combination.

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