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# Critical review on *Anand Bhairav Rasa* w.s.r. to *Rasa Yog Sagar*

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## ABSTRACT

*Anand Bhairav Rasa* is a traditional Ayurvedic medicine and having therapeutic importance. It has total 12 *Pathabheda* as per *Rasa Yog Sagar* (R.Y.S.)<sup>[1]</sup> *Anand Bhairav Rasa* is specifically acts on *Jwar* (fever) and *Atisar* (diarrhoea). Among this 12 *Pathabhedas* each *Pathabheda* has different herbal, metal and mineral contents. *Hingula* (cinnabar) and *Vatsanabha* (*Aconitum ferox*) are two most important contents which are almost common among all *Pathabheda*. Each *Pathabheda* has unique indications, But among all *Jwar* and *Atisar* has most common therapeutic use. Other indication are *Kasa* (cough), *Shwasa* (asthma), *Prameha* (diabetes), *Ajirna* (indigestion), *Apasmar* (epilepsy), *Grahani* (IBS) etc. This paper enlightens on those all points like contents, dose, *Bhavana*, *Anupana*, *Pathya* and clinical indications of *Anand Bhairav Rasa*. *Anandbhairav Rasa* is an important formulation in the practice of Ayurveda. There is 12 *Pathabheda* in *Rasayogsagar* of an *Anandbhairav Rasa*. The article mainly compiles review of 12 *Pathabheda* of *Anandbhairav Rasa* from *Rasayogsagar*.

**Key words:** Rasashastra, Anandbhairav Rasa, Bhavana, Kharaliya Kalpana.

## INTRODUCTION

*Ayurveda* is ancient life science in India. *Ayurveda* is mother of all healing. In 9<sup>th</sup> century there were remarkable milestone known as *Rasashastra*, from this era *Ayurvedic* medicines started their preparation with metals and minerals in larger forms. Metals and minerals increases the shelf life of the medicine, it also increases the bioavailability, palatability, absorption power of the drug, their by increases the overall efficacy of the medicine. Total 12 *Pathabheda* mentioned in *Ras Yog Sagar*. Among all *Pathabheda*

*Hingula* and *Vatsanabha* are most common contents. It is frequently used in *Jwar* (fever), *Atisar* (diarrhoea) and *Jwaratarisar* (febrile diarrhoea), *Mandagni* (weak digestive fire), *Kasa* (cough), *Shwasa* (respiratory illness). As per *Ayurveda* root cause of all diseases is due to *Mandagni* (weak digestive fire) and *Ama* (undigested material). *Ama* released various types of toxins which further suggest infective in origin. *Atisar* arises mainly due to *Ama*. *Anand Bhairav Rasa* mainly acts on *Agni*. It is contraindicated in *Pittaj Jwar*. *Anandbhairav Rasa* is *Kharaliya Rasakalpa* which contains various types of herbo mineral drugs. The main purpose of this study is to compile and review of all information available in 12 *Pathabheda* of *Annadbhairav Rasa* from *Rasayogsagar*.

## MATERIALS AND METHODS

*Rasyogsagar Granth* (*Ayurvedic* text) previous research work done on *Anand Bhairav Rasa*, research journals, thesis, database are reviewed. *Anandbhairav Rasa* is not a single formulation but it is a variety of formulations according to different *Pathabheda* of *Rasayogsagar* to study them in comparative manner in terms of their composition,

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method of preparation, dose, Anupana (adjuvant), Bhavana (trituration substance) Dravya (content), indication.

**Table 1: Represent 1<sup>st</sup> to 4<sup>th</sup> Patha Bheda mentioned in Rasa Yog Sagar**

Patha bheda <sup>[1]</sup>	1 <sup>st</sup> (Chi.R)	2 <sup>nd</sup> (R.Sam)	3 <sup>rd</sup> (R.Cha)	4 <sup>th</sup> (V.Ra.)
Dravya (contents)	1.Hingula 2.Vatsana bha 3.Trikatu 4.Tankana 5.Pippali	1.Hingula 2.Vatsana bha 3.Trikatu 4.Maricha 5.Tankana 6.Pippali 7.Jatiphala	1.Hingula 2.Vatsana bha 3.Maricha 4.Tankan 5.Pippali	1.Hingula 2.Vatsana bha 3.Tankana 4.Pippali
Bhavana and method	Jambira Swarasa (Mardan)	Jambira Swarasa (Mardan)	Mishran	Adraka Swarasa (Mardan)
Anupana	Madhu + Kutaja Phalatwaka Churna (1 Karsha)	Adraka	Madhu + Kutaja Phalatwaka Churna (1 Karsha)	
Pathya	1.Go or Aja Takra 2.Ratri Bhnaga 3.Sheetal Jala		Dadhi+Bhata Goghrit Takra Ratri Bhanga Sheetal Jala	
Matra	1 Gunja	1 Ratti	1-2 Gunja	
Rogadhikar	Tridoshaj Atisar	Jwaratisar	Tridoshaj Atisar	Sarva Sannipata

**Table 2: Represent 5<sup>th</sup> to 8<sup>th</sup> Patha Bheda mentioned in Rasa Yog Sagar**

Patha bheda	5 <sup>th</sup> (R.Ko)	6 <sup>th</sup> (R.Chan)	7 <sup>th</sup> (R.Ka.)	8 <sup>th</sup> (R.Ko)
Dravya (contents)	1.Vanga 2.Swarna 3.Parad	1.Hingula 2.Vatsanabha 3.Trikatu	1.Parada 2.Gandhak 3.Loha	1.Parada 2.Gandhaka 3.Manashila 4.Vatsanabh

	a	4.Tankana 5.Gandhak a	4.Abhrak 5.Vatsanabh 6.Maricha 7.Tankan	5.Hingula 6.Kantloha 7.Abharka 8.Tamra 9.Loha 10.Hartala 11.Suvarnamakshik
Bhavana and method	Kshaudra (Mardan)	Jambira Swarasa (Mardan)	1.Bhringraj Swaras 2.Dadima Swaras (Mardan)	Amlavetas Jambira Changeri Nirgundi Hastishundi (2 Days - Mardan then Pachan in Bhudharyantara for 1 day)
Anupana	Gunja Mula + Kshaudra		Parnakanda	
Pathya				
Matra	2 Ratti	1 Gunja	2 Gunja	1 Masha
Rogadhikar	Chirkalin Meha	Kasa	Vatakhaphaj Roga	Mandagni

**Table 3: Represent 9<sup>th</sup> to 12<sup>th</sup> Patha Bheda mentioned in Rasa Yog Sagar**

Patha bheda	9 <sup>th</sup> (R.Ka.La)	10 <sup>th</sup> (R.Yo.Sa)	11 <sup>th</sup> (Vai.Chi)	12 <sup>th</sup> (R.Ka.Yo.)
Dravya (contents)	1.Trikatu 2.Triphala 3.Parada 4.Vatsanabh 5.Gandhaka 6.Tankan	1.Bhruhat Ela 2.Shunthi 3.Maricha 4.Tankana 5.Vatsanabha	1.Tankan 2.Hingula 3.Gandhaka 4.Parada 5.Hartala 6.Tikshna Vanga 7.Tamra 8.Naga	1.Hingula 2.Vatsanabha 3.Trikatu 4.Gandhaka 5.Tankana 6.Gruhdhoom A 7.Vacha 8.Yashtimadhu
Bhavana and	Mishran	Nagbala(3) Adraka Nimbuk	Triphala Kwath Bhavana	Mishran

method		(Mardan)	then Swedan in Parpat Kwath followed by Sarpa Pitta Bhavana.	
Anupana				
Pathya			Takra	
Matra	1 Gunja	3 Ratti	1 Gunja	
Rogadhikar	Kasashwas	Sannipata Roga	Sheetag Sannipata	

Different *Pathabheda* has different ingredients thus there are difference in their therapeutic efficacy so depending upon condition of the patient and disease best suitable *Anandbhairav Rasa* combination should be selected.

In 1<sup>st</sup> *Pathabheda* - All the ingredients are given *Bhavana* of *Jambira Swaras* (citrus) and taken with *Kshaudra* (honey) and *Kutaja Bark Churna* as an *Anupana* so it is specifically acts on *Atisara*. As *Kutaja* (*Kurchi*) and *Kshaudra* are *Grahi* [2] in properties.

In 2<sup>nd</sup> *Pathabheda* - All the ingredients are given *Bhavana* of *Jambira Swaras* and taken with *Adrak Swaras* (ginger juice) as a *Anupana* so it acts as *Amapachak* (digestion of *Aam*) as well *Grahi*[2] hence it specifically used in *Jirnajwar*, *Atisara*, *Amavata* (RA).

In 3<sup>rd</sup> *Pathabheda* - All the ingredients taken in equal quantity so homogenous mixture should prepared. It should be consumed with *Kshaudra* and *Kutaja Churna* as *Anupana* due to *Grahi*[2] properties it specifically acts on *Tridoshaja Atisar*. [3] As a *Pathya* *Dadhi* (curd), *Takra* (buttermilk), *Goghrit* (cow ghee) + rice is also mentioned in this *Pathabheda* as a *Balya*. [2]

In 4<sup>th</sup> *Pathabheda* - All the ingredients are given *Bhavana* of *Adraka Swaras* for 3 days. *Hingula* and *Vatsanabha* it specifically acts on *Sarva Sannipataj* (all vitiated *Dosha*). As *Vatsanabha*[4] and *Hingul* has *Rasayan* (rejuvenating) property.

In 5<sup>th</sup> *Pathabheda* - This *Pathabheda* is quite different from other *Pathbhedas* as contents are very less and all are in *Bhasma* form *Vanga* (tin), *Bhasma*, *Parad* (mercury) and *Swarna Bhasma* (gold) specifically acts on *Jirna Prameha* (chronic diabetes) *Vyadhi*. [5]

In 6<sup>th</sup> *Pathabheda* - All the ingredients are given *Bhavana* of *Jambira Swaras*, due to *Vatsanabha* and *Hingula* which has *Ushna Tikshna Chedan* properties specifically acts on *Kasa*, *Shawsa* etc.

In 7<sup>th</sup> *Pathabheda* - All the ingredients are given *Bhavana* of *Bringraj* and *Dadim Swaras*, due to *Loha*, *Abhrakbhasma*, *Parad* and *Gandhak* it specifically acts on *Kaphaj Vyadhi*. As *Abhrakbhasma* acts on *Pranvaha Srotas Vyadhi*.

In 8<sup>th</sup> *Pathabheda* - This *Pathabheda* is different than rest of all *Pathabheda* as method of preparation of formulation is with the help of *Bhudhar Yantra*. As this *Pathbheda* has most of the metals and minerals contents *Bhudhar Yantra* is used as *Pachan* of these drugs. As higher *Agni* is required for *Pachan* of this *Dravyas*. *Amlavetas* (*garcinia*) *Bhavana* when given to drugs like *Tamra*, *Kantalohbhasma* (iron), *Abhrak Bhasma*, *Vatsanabha* it specifically acts on *Mandagni*.

In 9<sup>th</sup> *Pathabheda* - All the ingredients are taken in equal quantity and homogenous mixture should prepared due to *Triphala*, *Trikatu*, *Vatsanabha*, *Parad* and *Gandhak* it specifically acts on *Kasa*, *Shwas*, *Arsha* (piles), *Gulma*.

In 10<sup>th</sup> *Pathabheda* - *Vatsanabha*, *Bruhat Ela*, *Shunthi*, *Maricha* (black pepper) when given *Bhavana* of *Adraka* and *Nimbu Swaras* it acts on *Sannipataj Vyadhi*, *Udarpida* (abdominal pain), *Kaphaj Vyadhi* etc.

In 11<sup>th</sup> *Pathabheda* - This *Pathbheda* has specific method of preparation than rest of all. All the ingredients are given *Bhavana* of *Triphala Kwath* then administered to *Swedana* in *Dola Yantra* after that give *Bhavana* of *Sarpa Pitta*. This is peculiar feature of this *Pathabheda*.

In 12<sup>th</sup> *Pataabheda* - Due to *Vastanabha*, *Trikatu*, *Tankan*, *Gandhak*, *Chitrak*, *Vijaya* (*Bhang*), *Dhoomsar* (*Gruhdhoom*), *Dhattur Beej* etc. specifically acts on

*Gulma, Atisara, Mandagni.* This review helps in differentiate between the methods of preparation of all *Pathabheda*. As well as to developed SOP in pharmaceutical industry and clinically it helps in specific indication.

## DISCUSSION

*Anand Bhairav Rasa* was known from far ago but the proper use in *Vati* or other forms were started in *Rasa Kala*, here in *Anand Bhairav Rasa* we have reviewed 12 different *Pathabheda* with special reference to *Rasayog Sagar*. Among this 12 *Pathabhedas* 10 *Pathabheda* has *Vatsanabha* and *Tankan* as a common drug and 8 *Pathabhedas* has *Hingul* as a common drug. Among this 12 *Pathabheda* 8<sup>th</sup> *Pathbheda* is slightly different because the formulation is made with the help of *Bhudhar Yantra* for *Pachan* of *Dravyas*. 1<sup>st</sup> to 7<sup>th</sup> *Pathabheda* and 9<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup> *Pathbheda* are prepared with *Kharaliya Kalpana*. 11<sup>th</sup> *Pathabheda* is prepared with help of *Dola Yantra* for *Swedan* purpose which is quite different from all *Pathabhedas* mentioned in *Rasayogsagar*. When we closely see the *Bhavana Dravya* we come to know that *Jambira Swarasa Bhavana* is common to 1<sup>st</sup>, 2<sup>nd</sup>, 5<sup>th</sup> and 6<sup>th</sup> *Pathabheda* whereas *Adrak Swaras Bhavana* is common to 4<sup>th</sup> and 10<sup>th</sup> *Pathabheda*. *Sarpa Pitta Bhavana* is mentioned in 11<sup>th</sup> *Pathabheda* which is peculiar feature of *Rasayogsaga*. As we reviewed the properties of this both drugs mainly acts on *Annavaha Srotas*, *Swedavaha Srotas*, *Jatharagni*, *Dhatvaagni*. *Atisar* is mainly of *Annavaha* and *Purishvaha Srotas Vyadhi*.<sup>[6][7][8]</sup> *Jwara* is *Annavaha* and *Sweda Vaha Srotas Vyadhi* (disease) hence *Anand Bhairav Rasa* acts on this diseases specifically. Every formulation having its different *Anupana* because of which the *Roghanta* also get differs. Today's era is a science scholar should proceed for preparation, standardization of their different types of *Vati* and through clinical testing should be done. This can be a further scope of study and may be found powerful medicine. Observing closely of each *Pathabheda* of different ingredients and their *Bhavana Dravya*<sup>[9]</sup> are also different hence from all the above literature, it can be said that *Anandbhairav Rasa* mainly acts on

*Vata Kapha Roga*. We have reviewed 12 *Pathabheda* of *Anandbhairav 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

*Anand Bhairav Rasa* is an important formulation in Ayurvedic science. From the literature review of *Anandbhairav Rasa* mentioned in *Rasayogsagar* we can get a clear idea of wide range of action of the formulation in *Kaphavataj Roga* along with this can be used for determining which combination to be taken for a particular disease and to differentiate the *Rogadhikar* (indication) of each combination.

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