



COLLECTION OF RASAYANA DRUGS MENTIONED IN BRHATRAYS: A REVIEW

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<https://doi.org/10.46607/iamj2813012025>

(Published Online: January 2025)

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Article Received: 08/12/2024 - Peer Reviewed: 29/12/2024 - Accepted for Publication: 09/01/2025.

**ABSTRACT**

Ayurveda is one of the most ancient life sciences and has always been practised in the form of *Ashtanga Ayurveda*. *Rasayana tantra* (Geriatrics) is one of the eight major clinical disciplines aiming at rejuvenation and geriatric care. It fulfils both the aims of *Ayurveda*, i.e. maintaining & promoting the positive health of healthy individuals and curing the diseases of the diseased. Descriptions of various single *Rasayana* drugs & *Rasayana* formulations, along with their particular uses, are available in various texts of different periods, but no separate *samhita* or book is found for it. Hence, here, an effort has been made to compile the scattered *Rasayana* drugs (as single or formulations) mainly mentioned in *Brihatrayi*.

Keywords: *Ayurveda*, *Rasayana*, *Brihatrayi*

INTRODUCTION

The word 'Rasayana' is composed of two words, *Rasa* & *Ayana*, which means by which one gets the excellence of 'Rasa' (the nourishing fluid which is produced immediately after digestion) or obtains the best qualities of 'Rasadi Dhatus'. It is the measure that deals with young age problems, prolongs longevity, develops positive health and mental faculties, and imparts resistance and immunity against diseases. *Sushruta* has defined a healthy man as who has 'Equilibrium of the doshas (*sama dosha*), Normal functioning of *Agni* (*sama agni*), Normal condition of all *dhatu* (*sama dhatu*) and Normal excretion of waste products (*sama malakriya*) and besides this Soul (*Atma*), the sense organs (*Indriyas*) and Mind (*Mana*) should be happy and cheerful (*Prasanna-tamendriya mana*). The modern definition of health is also the same: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease (WHO)". This Healthy state of mind and body can be achieved by *Rasayana therapy* because it plays a vital role in maintaining and promoting positive health of individuals by promoting their body resistance, i.e. immunity and psycho-emotional resiliency by attaining *Rasadi dhatus*, followed by boosting the *Ojas* (vital essence of all seven *dhatu*) and helps to achieve longevity, memory, intelligence, disorder free condition, lustre & complexion excellence, optimum strength of physique and sense organs. A survey of ancient literature traces the concept of *Rasayana* as back as the Vedic ages, and *Ayurveda* is also accepted as *Upaveda* of *Atharvaveda*. The utility of *Rasayana* is also described in various *Sam-*

hitas like *Charaka*, *Sushruta*, *Vagbhata* and other books related to *samhita kala*. Still, here we choose only *Brihatrayi* for the collection of *Rasayana* drugs available in it.

Material & Method

Material is collected from the classical *Ayurvedic* literature of *Charaka samhita*, *Sushruta samhita*, *Ashtanga Hridya* & *Ashtanga Sangraha*.

Consideration of *Rasayana Chikitsa* in *Brihatrayi Charaka Samhita*—*Charaka* has given great importance to *Rasayana Chikitsa*. He devoted the first chapter of *Chikitsa Sthana* to *Rasayana*. He explained the definition of *rasayana*, its utility, and many *Rasayana yogas* in detail. *Charaka* also put forward the concept of administering *rasayana therapy* in the form of *Vatatapika* and *Kuti praveshika* for the first time.

Sushruta samhita- *Sushruta* has described *rasayana* as an agent capable of maintaining longevity, intellect, vigour, vitality and preventing disease. He has given the comprehensive systemic and scientific classification of *rasayana therapy*. The concept of *Naimittika rasayana* is the original contribution of *sushruta*. New *rasayana dravyas* and *yogas* (formulations) have been added by him.

Ashtanga hridya & sangraha- The description of the *rasayana tantra* available closely resembles *Charaka*. Definition uses, types, mode of administration, age of administration, and list of various *rasayana yogas* have been described in detail. He has emphasised the administration of *Rasayana therapy* in young and middle age.

Single Rasayana drugs mentioned in Brihatrayi

Sl.n.	Charaka Samhita	Sushruta Samhita	Ashtanga Sangraha	Ashtanga Hridya
1.	<i>Haritaki</i> (<i>Chi. 1/1/25</i>)	<i>Haritaki</i> (<i>Su. 44/62-63</i>)	<i>Dugdha</i> (<i>Su. 6/54</i>)	<i>Godugdha</i> (<i>Su. 5/22-23</i>)
2.	<i>Amalaki</i> (<i>Chi. 1/2/8</i>)	<i>Jala</i> (<i>Su. 45/25-26</i>)	<i>Kakamachi</i> (<i>Su. 7/115</i>)	<i>Kakamachi</i> (<i>Su. 6/73</i>)
3.	<i>Shankhapushpi</i> (<i>Chi. 1/3/30-31</i>)	<i>Dugdha</i> (<i>Su. 45/49-52</i>)	<i>Vidarikanda</i> (<i>Su. 7/130</i>)	<i>Vidarikanda</i> (<i>Su. 6/85</i>)
4.	<i>Mandukaparni</i> (<i>Chi. 1/3/30-31</i>)	<i>Ghruta</i> (<i>Su. 45/96</i>)	<i>Lashuna</i> (<i>Su. 7/162-164</i>)	<i>Kashmari</i> (<i>Su. 6/122</i>)
5.	<i>Madhuyashti</i>	<i>Kalamegha</i>	<i>Gambhari</i>	<i>Pippali</i> (<i>Su. 6/162</i>)

	(Chi. 1/3/30-31)	(Su. 45/125)	(Su. 7/178)	
6.	<i>Guduchi</i> (Chi. 1/3/30-31)	<i>Gambhari</i> (Su. 46/184)	<i>Suvarna</i> (Su. 12/12)	<i>Tuvaraka</i> (Chi. 19/53)
7.	<i>Pippali</i> (Chi. 1/3/32-35)	<i>Mahati</i> (Su. 46/300-302)	<i>Shilajatu</i> (Su. 12/27)	<i>Bhallataka</i> (Chi. 19/53)
8.	<i>Shilajatu</i> (Chi. 1/3/48-65)	<i>Varahi Kanda</i> (Su. 46/309)	<i>Pippali</i> (Su. 12/51-52)	<i>Vakhuchi</i> (Chi. 19/53)
9.	<i>Kakamachi</i> (Su. 27/90)	<i>Suvarna</i> (Su. 46/326)	<i>Amrita</i> (Su. 12/71)	<i>Chitraka mula</i> (Chi. 19/53)
10.	<i>Vidarikanda</i> (Su. 27/120)	<i>Shilajatu</i> (Chi. 13/4-16)	<i>Guggulu</i> (Su. 12/74)	<i>Shilajatu</i> (Chi. 19/53)
11.	<i>Bhallataka</i> (Chi. 1/2/13-22)	<i>Ansumana</i> (Chi. 29/5-8)	<i>Nagabala rasayana</i> (Su. 5/71-75)	<i>Guggulu</i> (Chi. 22/64-65)
12.	<i>Bala</i> (Chi. 1/2/12)	<i>Munjawana</i> (Chi. 29/5-8)	<i>Haritaki</i> (Utt. 49/17-20)	<i>Lashuna</i> (Chi. 22/70)
13.	<i>Atibala</i> (Chi. 1/2/12)	<i>Chandrama</i> (Chi. 29/5-8)	<i>Mandukaparni</i> (Utt. 49/42)	<i>Jala</i> (Utt. 39/145)
14.	<i>Shveta Chandana</i> (Chi. 1/2/12)	<i>Rajata Prabha</i> (Chi. 29/5-8)	<i>Madhuyashti</i> (Utt. 49/42)	<i>Madhu</i> (Utt. 39/145)
15.	<i>Krishna Agara</i> (Chi. 1/2/12)	<i>Durva-soma</i> (Chi. 29/5-8)	<i>Guduchi</i> (Utt. 49/42)	<i>Ghrita</i> (Utt. 39/145)
16.	<i>Dhava</i> (Chi. 1/2/12)	<i>Kani-yana</i> (Chi. 29/5-8)	<i>Shankhapushpi</i> (Utt. 49/42)	<i>Haritaki</i> (Utt. 39/147)
17.	<i>Tinisha</i> (Chi. 1/2/12)	<i>Shvetaksha</i> (Chi. 29/5-8)	<i>Atibala</i> (Utt. 49/48)	<i>Punarnava</i> (Utt. 39/154)
18.	<i>Khadira</i> (Chi. 1/2/12)	<i>Kanaka-prabha</i> (Chi. 29/5-8)	<i>Chandana</i> (Utt. 49/48)	<i>Murva</i> (Utt. 39/155)
19.	<i>Shisama</i> (Chi. 1/2/12)	<i>Pratana vata</i> (Chi. 29/5-8)	<i>Agaru</i> (Utt. 49/48)	<i>Brhati</i> (Utt. 39/155)
20.	<i>Asana</i> (Chi. 1/2/12)	<i>Talavrnta</i> (Chi. 29/5-8)	<i>Dhava</i> (Utt. 49/48)	<i>Shalaparni</i> (Utt. 39/155)
21.	<i>Jivanti</i> (Chi. 1/2/12)	<i>Karavira</i> (Chi. 29/5-8)	<i>Tinisha</i> (Utt. 49/48)	<i>Bala</i> (Utt. 39/155)
22.	<i>Mukta</i> (Chi. 1/2/12)	<i>Anshavana</i> (Chi. 29/5-8)	<i>Khadira</i> (Utt. 49/48)	<i>Ushira</i> (Utt. 39/155)
23.	<i>Shweta</i> (Chi. 1/2/12)	<i>Svayamaprabha</i> (Chi. 29/5-8)	<i>Vitta Khadira</i> (Utt. 49/48)	<i>Patha</i> (Utt. 39/155)
24.	<i>Atirasa</i> (Chi. 1/2/12)	<i>Mahasoma</i> (Chi. 29/5-8)	<i>Shaka</i> (Utt. 49/48)	<i>Asana</i> (Utt. 39/155)
25.	<i>Sthira</i> (Chi. 1/2/12)	<i>Garudahrta</i> (Chi. 29/5-8)	<i>Shinshapa</i> (Utt. 49/48)	<i>Sariva</i> (Utt. 39/155)
26.	<i>Punarnava</i> (Chi. 1/2/12)	<i>Traistubha</i> (Chi. 29/5-8)	<i>Asana</i> (Utt. 49/48)	<i>Agaru</i> (Utt. 39/155)
27.	<i>Guggulu</i> (Chi. 28/241)	<i>Gayatra</i> (Chi. 29/5-8)	<i>Tulasi</i> (Utt. 49/48)	<i>Tagara</i> (Utt. 39/155)
28.	<i>Nagabala</i> (Chi. 1/2/11)	<i>Pakta</i> (Chi. 29/5-8)	<i>Punarnava</i> (Utt. 49/48)	<i>Ashwagandha</i> (Utt. 39/157)
29.	<i>Kshira</i>	<i>Jagata</i>	<i>Ananta</i>	<i>Chandana</i>

	(Su. 25/38)	(Chi. 29/5-8)	(Utt. 49/48)	(Utt. 39/155)
30.	<i>Ghrita</i> (Su. 25/38)	<i>Sakawara</i> (Chi. 29/5-8)	<i>Vidari</i> (Utt. 49/48)	<i>Krishna tila</i> (Utt. 39/158)
31.	<i>Pippali vardhamana rasayana</i> (Chi. 1/3/36-40)	<i>Agnistoma</i> (Chi. 29/5-8)	<i>Gokshura</i> (Utt. 49/48)	<i>Bhrngaraja</i> (Utt. 39/162)
32.	-	<i>Raiwata</i> (Chi. 29/5-8)	<i>Ashwagandha</i> (Utt. 49/48)	<i>Vacha</i> (Utt. 39/163)
33.	-	<i>Tripada Gayatri</i> (Chi. 29/5-8)	<i>Varaha Kanda</i> (Utt. 49/48)	-
34.	-	<i>Udupati</i> (Chi. 29/5-8)	<i>Shatavari</i> (Utt. 49/48)	-
35.	-	<i>Ajagari</i> (Chi. 30/5)	<i>Amalaki</i> (Utt. 49/14)	-
36.	-	<i>Shveta kapoti</i> (Chi. 30/5)	<i>Ghrita</i> (Su. 6/75)	-
37.	-	<i>Krishna kapoti</i> (Chi. 30/5)	-	-
38.	-	<i>Gonasi</i> (Chi. 30/5)	-	-
39.	-	<i>Varahi</i> (Chi. 30/5)	-	-
40.	-	<i>Kanya</i> (Chi. 30/5)	-	-
41.	-	<i>Chatra</i> (Chi. 30/5)	-	-
42.	-	<i>Atichatra</i> (Chi. 30/5)	-	-
43.	-	<i>Karenu</i> (Chi. 30/5)	-	-
44.	-	<i>Aja</i> (Chi. 30/5)	-	-
45.	-	<i>Charaka</i> (Chi. 30/5)	-	-
46.	-	<i>Adiyaparni</i> (Chi. 30/5)	-	-
47.	-	<i>Brahma suvarchala</i> (Chi. 30/5)	-	-
48.	-	<i>Shravani</i> (Chi. 30/5)	-	-
49.	-	<i>Mahashravani</i> (Chi. 30/5)	-	-
50.	-	<i>Golomi</i> (Chi. 30/5)	-	-
51.	-	<i>Ajalomi</i> (Chi. 30/5)	-	-
52.	-	<i>Mahavegavati</i> (Chi. 30/5)	-	-

Rasayana formulations indicated in various diseases mentioned in Brihatrayi

Sr.	Disease	Charaka samhita	Sushruta samhita	Ashtanga sangraha
1.	Apasmara	Panchagavya ghruta (Ch.chi.10/17)	Ghruta (Su.su.45/96)	Shirisha taila (A.S.U.10/17)
		Mahapanchagavya ghruta (Ch.chi.10/18-24)	Shilajatu (Su.chi.13/14)	Vacha ghruta (A.S.U.49/99)
		Brahmi ghruta (Ch.chi.10/25)	Brahmi ghruta rasayana (Su.chi.28/6)	Shilajatu vividha yoga (A.S.U.49/189)
		Yogaraja (Ch.chi.16/81-87)	-	Shiva gutika (A.S.U.49/193)
		-	-	Vrdha draksha vividha yoga (A.S.U.49/208)
2.	Apachi	-	Rasayana shatapaka vacha ghruta (Su.chi.28/8)	Guggulu (A.S.Su.12/75)
		-	-	Guggulu vividha yoga (A.S.U.49/171)
		-	-	Vrdha draksha vividha yoga (A.S.U.49/213)
3.	Arsha	Haritaki (Ch.chi.1/29-34)	Dugdha (Su.su.5/55)	-
		Maha Panchagavya ghruta (Ch.chi.10/18-24)	Shilajatu (Su.su.13/15)	-
		Mustadi yapana basti (Ch.chi.12/15)	Bhallataka vidhan (Su.chi.6/17)	-
		Yogaraja (Ch.chi.16/81-87)	Vidanga tandula yoga (Su.chi.27/7)	-
		Agastya haritaki (Ch.chi.18/57-62)	-	-
		Madhvadi basti (Ch.si.12/13)	-	-
4.	Arbuda	-	-	Vakuchi vividha yoga (A.S.U.49/78)
		-	-	Shiva gutika (A.S.U.49/193)
5.	Ashmari	-	Shilajatu (Su.chi.13/16)	Mustadi yapana basti (A.S.K.5/11)
		-	-	Vakuchi vividha yoga (A.S.U.49/78)
		-	-	Shilajatu vividha yoga (A.S.U.49/190)
6.	Atisara	Haritaki (Ch.chi.1/29-34)	Dugdha (su.su.45/49)	-
		Haritaki (Ch.chi.19/17-18)	-	-
6.	Aruchi	Haritaki	-	Agastya leha

		(Ch.chi.1/29-34)		(A.S.Chi.5/87)
		Yogaraja (Ch.chi.16/81-89)	-	Yogaraja rasayana (A.S.Chi.21/14)
		Agastya haritaki (Ch.chi.18/57-62)	-	Shiva gutika (A.S.U.49/193)
7.	Avruta vata	Shilajatu (Ch.chi.28/241)	-	-
		Guggulu (Ch.chi.28/241)	-	-
8.	Anaha	Haritaki (Ch.chi.1/29-34)	Ghrita (Su.su.45/96)	Shiva gutika (A.S.U.49/193)
9.	Ardita	Baladi yapana basti (Ch.si.12/15)	-	-
10.	Bhagandara	-	-	Sarpi guda (A.S.Chi.7/52)
		-	-	Alambusha prayoga (A.S.U.49/75)
		-	-	Vakuchi vividha yoga (A.S.U.49/88)
		-	-	Guggulu vividha yoga (A.S.U.49/170)
		-	-	Shiva gutika (A.S.U.49/193)
11.	Bhrama	-	-	Dugdha (A.S.Su.6/55)
		-	-	Nagabala ghrita (A.S.Chi.5/75)
12.	Chardi	Haritaki (Ch. chi1/29-34)	-	Pippali vardhamana rasayana (A.S.U.49/73)
		-	-	Shiva gutika (A.S.U.49/193)
13.	Daha	-	Dugdha (Su.su.45/49)	Nagabala ghrita (A.S.Chi.5/75)
		-	-	Amrita (A.S.Su.12/71)
14.	Gulma	Haritaki (Ch.chi.1/29-34)	Dugdha (Su.su.45/49)	Lashuna (A.S.Su.7/165)
		Pippali rasayana (Ch.chi.1/3/32-35)	Shilajatu (Su.chi.13/15)	Agastya leha (A.S.Chi.5/87)
		Maha Panchagavya ghrita (Ch.chi.10/18-24)	-	Sarpi guda (A.S.Chi.7/52)
		Madhvadi basti (Ch.si.12/13)	-	Yogaraja rasayana (A.S.Chi.21/14)
		Baladi yapana basti (Ch.si.12/15)	-	Madhu tailika vasti (A.S.K.5/3)
		Chatusneha anuvasan basti (Ch.si.12/1)	-	Mustadi yapana vasti (A.S.K.5/11)
		-	-	Shirisha taila

				(A.S.U.10/17)
		-	-	Brahmi vachadi yoga (A.S.U.49/46)
		-	-	Alambusha prayoga (A.S.U.49/75)
		-	-	Vakuchi vividha yoga (A.S.U.49/77-98)
		-	-	Lashuna vividha yoga (A.S.U.49/123)
		-	-	Guggulu vividha yoga (A.S.U.49/165)
		-	-	Shiva gutika (A.S.U.49/193)
		-	-	Vrdha draksha vividha yoga (A.S.U.49/213)
15.	Galaganda	-	Rasayana shatapaka vacha ghrita (Su.chi.28/8)	Pippali vardhamana rasayana (A.S.U.49/73)
		-	-	Guggulu (A.S.Su.12/75)
16.	Grahani	Haritaki (Ch.chi.1/29-34)	Dugdha (Su.su.45/49)	Agastya leha (A.S.Chi.5/87)
		Pippali rasayana (Ch.chi.1/3/32-35)	-	Yogaraja rasayana (A.S.Chi.21/24)
		Agastya haritaki (Ch.chi.18/57-62)	-	Pippali vardhamana rasayana (A.S.U.49/73)
17.	Graha (Bhuta bad- dha)	-	Vacha rasayana yoga (Su.chi.28/6)	Shirisha taila (A.S.U.10/17)
		-	Brahmi ghrita (Su.chi.28/6)	Vacha taila (A.S.U.49/99)
		-	-	Somamrta ghrita (A.S.U.49/158)
		-	-	Vrdha draksha vividha yoga (A.S.U.49/208)
		-	-	Vakuchi vividha yoga (A.S.U.49/95)
18.	Granthi	-	-	Guggulu (A.S.Su.12/74-75)
		-	-	Vakuchi vividha yoga (A.S.K.49/78)
		-	-	Guggulu vividha yoga (A.S.U.49/171)
		-	-	Shiva gutika (A.S.U.49/193)
19.	Halimaka	Maha Panchagavya ghrita (Ch.chi.10/18-24)	-	Shiva gutika (A.S.U.49/193)
20.	Hikka	Pippali rasayana (Ch.chi.1/32-35)	-	Lahasuna (A.S.Su.7/165)

		<i>Agastya haritaki</i> (Ch.chi.18/57-62)	-	<i>Shilajatu</i> (A.S.Su.12/27)
		-	-	<i>Kushmanda rasayana</i> (A.S.Chi.5/67)
		-	-	<i>Agastya leha</i> (A.S.Chi.5/87)
		-	-	<i>Pippali vardhamana rasayana</i> (A.S.U.49/73)
		-	-	<i>Shiva gutika</i> (A.S.U.49/193)
21.	<i>Hrid roga</i>	<i>Agastya haritaki</i> (Ch.chi.18/57-62)	<i>Dugdha</i> (Su.su.45/49)	<i>Agastya leha</i> (A.S.Chi.5/87)
		-	<i>Gambhari phala</i> (Su.su.46/184)	<i>Chyavanaprasha</i> (A.S.U.49/29)
		-	<i>Suvarna</i> (Su.su.46/326)	<i>Shiva gutika</i> (A.S.U.49/193)
22.	<i>Jvara / Vishama jwa- ra</i>	<i>Panchagavya ghrita</i> (Ch.si.10/7)	<i>Dugdha</i> (su.su.45/49)	<i>Dugdha</i> (A.S.Su.6/54)
		<i>Chatusneha anuvasana basti</i> (Ch.si.12/1)	<i>Ghrita</i> (su.su.45/96)	<i>Amrita</i> (A.S.Su.12/71)
		<i>Baladi yapana basti</i> (Ch.si.12/15)	<i>Shilajatu</i> (su.chi.13/15)	<i>Kushmanda rasayana</i> (A.S.Chi.5/68)
		<i>Pippali rasayana</i> (Ch.chi.1/3/32-35)	-	<i>Agastya leha</i> (A.S.Chi.5/82-87)
		<i>Yogaraja</i> (Ch.chi.16/81-87)	-	<i>Pippali vardhamana rasayana</i> (A.S.U.49/73)
		<i>Agastya haritaki</i> (Ch.chi.18/57-62)	-	<i>Yogaraj rasayana</i> (A.S.Chi.21/14)
		<i>Haritaki</i> (Ch.si.1/29-34)	-	<i>Mustadi yapana basti</i> (A.S.K.5/11)
		<i>Mustadi yapana basti</i> (Ch.si.12/15)	-	<i>Sahacharadi rasayana</i> (A.S.K.5/24)
		-	-	<i>Shirisha taila</i> (A.S.U.10/17)
		-	-	<i>Chyavanaprasha</i> (A.S.U.49/29)
		-	-	<i>Brahmi Vachadi yoga</i> (A.S.U.49/46)
		-	-	<i>Somarita ghrita</i> (A.S.U.49/158)
		-	-	<i>Shilajatu vividha rasayana</i> (A.S.U.49/189)
		-	-	<i>Shiva gutika</i> (A.S.U.49/193)
		-	-	<i>Swarna makshika vivid yoga</i> (A.S.U.49/199)
23.	<i>Kushtha</i>	<i>Haritaki</i> (Ch.chi.1/29-34)	<i>Varaha Kanda</i> (Su.su.46/309)	<i>Kakamachi</i> (A.S.Su.7/115)

		<i>Endra rasayana</i> (Ch.chi.1/3/24-29)	<i>Shilajatu</i> (Su.chi.13/14)	<i>Lashuna</i> (A.S.Su.7/165)
		<i>Shilajatu</i> (Ch.chi.7/71-72)	<i>Brahmi ghrita</i> (Su.chi.27/7)	<i>Yogaraja rasayana</i> (A.S.Chi.21/14)
		<i>Madhvadi basti</i> (Ch.si.12/13)	-	<i>Tuvaraka</i> (A.S.Chi.21/8)
		-	-	<i>Bhallataka</i> (A.S.Chi.21/8,24)
		-	-	<i>Alamavusha</i> (A.S.Chi.21/24)
		-	-	<i>Avalguja</i> (A.S.Chi.21/24)
		-	-	<i>Brahmi Vachadi yoga</i> (A.S.U.49/46)
		-	-	<i>Tuvaraka taila</i> (A.S.U.49/57)
		-	-	<i>Bhallataka yoga</i> (A.S.U.49/58)
		-	-	<i>Bhallataka tailadi yoga</i> (A.S.U.49/64)
		-	-	<i>Vidanga vividha yoga</i> (A.S.U.49/74)
		-	-	<i>Vakuchi vividha yoga</i> (A.S.U.49/78)
		-	-	<i>Lashuna vividha yoga</i> (A.S.U.49/123)
		-	-	<i>Vrdha draksha vividha yoga</i> (A.S.U.49/213)
24.	<i>Kamala</i>	<i>Haritaki</i> (Ch.chi.1/29-34)	-	<i>Amrita</i> (A.S.Su.12/71)
		<i>Panchagavya ghrita</i> (Ch.chi.10/17)	-	<i>Shiva gutika</i> (A.S.U.49/193)
		<i>Maha panchagavya ghrita</i> (Ch.chi.10/18-24)	-	-
		<i>Yogaraja</i> (Ch.chi.16/81-87)	-	-
25.	<i>Kasa</i>	<i>Chyavanaprasha</i> (Ch.chi.1/62-74)	<i>Dugdha</i> (Su.su.45/49)	<i>Dugdha</i> (A.S.Su.6/56)
		<i>Haritaki</i> (Ch.chi.1/29-34)	-	<i>Lashuna</i> (A.S.Su.7/165)
		<i>Pippali rasayana</i> (Ch.chi.1/3/32-35)	-	<i>Pippali</i> (A.S.Su.12/52)
		<i>Yogaraja</i> (Ch.chi.16/81-87)	-	<i>Pippali vardhamana rasayana</i> (A.S.U.49/73)
		<i>Agastya haritaki</i> (Ch.chi.18/57-62)	-	<i>Kushmanda rasayana</i> (A.S.Chi.5/67)
		<i>Haritaki leha</i> (Ch.chi.18/169)	-	<i>Agastya leha</i> (A.S.Chi.5/87)

		<i>Mustadi yapana basti</i> (Ch.si.12/15)	-	<i>Mustadi yapana basti</i> (A.S.K.5/11)
		<i>Baladi yapana basti</i> (Ch.si.12/15)	-	<i>Chyavanaprasha</i> (A.S.U.49/29)
		<i>Yamaka anuvasan basti</i> (Ch.si.12/18)	-	<i>Alambusha prayoga</i> (A.S.U.49/75)
		-	-	<i>Vakuchi vividha yoga</i> (A.S.U.49/78)
		-	-	<i>Lashuna vividha yoga</i> (A.S.U.49/123)
		-	-	<i>Shiva gutika</i> (A.S.U.49/193)
		-	-	<i>Shilajatu</i> (A.S.Su.12/27)
26.	<i>Khalitya</i>	<i>Agastya haritaki</i> (Ch.chi.12/57-62)	-	-
		<i>Yamaka anuvasan basti</i> (Ch.si.12/18)	-	-
		<i>Chatusneha anuvasan basti</i> (Ch.si.12/18)	-	-
27.	<i>Karna roga</i>	<i>Droni praveshika rasayana</i> (Ch.chi.1/4/7)	-	<i>Guggulu vividha yoga</i> (A.S.U.49/165)
		-	-	<i>Suvarna makshika vividha yoga</i> (A.S.U.49/199)
		-	-	<i>Kushtha vividha yoga</i> (A.S.U.29/28)
28.	<i>Krimi</i>	-	<i>Barahakanda</i> (Su.su.46/309)	<i>Lashuna</i> (A.S.Su.7/165)
		-	<i>Vidanga tandula yoga</i> (Su.chi.27/7)	<i>Guggulu</i> (A.S.Su.12/74)
		-	<i>Vidanga tandula yoga(second)</i> (Su.chi.27/8)	<i>Yogaraja rasayana</i> (A.S.Chi.21/14)
		-	-	<i>Madhu tailika vasti</i> (A.S.K.5/3)
		-	-	<i>Bhallataka yoga</i> (A.S.U.49/58)
		-	-	<i>Vakuchi vividha yoga</i> (A.S.U.49/78)
		-	-	<i>Lashuna vividha yoga</i> (A.S.U.49/123)
		-	-	<i>Guggulu vividha yoga</i> (A.S.U.49/171)
29.	<i>Kshata/ Kshaya/ Kshina</i>	<i>Mustadi yapana basti</i> (Ch.si.12/15)	<i>Dugdha</i> (Su.su.45/49)	<i>Shilajatu</i> (A.S.Su.12/27)
		<i>Chatusneha anuvasana basti</i> (Ch.si.12/18)	-	<i>Kushmanda rasayana</i> (A.S.Chi.5/67)
		<i>Yamaka anuvasana basti</i> (Ch.si.12/18)	-	<i>Nagabala ghrta</i> (A.S.Chi.5/74)

		-	-	Agastya leha (A.S.Su.5/87)
		-	-	Sarpi guda (A.S.Chi.7/53)
		-	-	Chyavanaprasha (A.S.U.49/29)
30.	Madatyaya	Baladi yapana basti (Ch.si.12/15)	-	Shirisha taila (A.S.U.10/17)
				Shiva gutika (A.S.U.49/199)
31.	Mada	-	Dugdha (Su.su.45/49)	-
32.	Medo roga	-	-	Triphala rasayana (A.S.Su.12/47)
		-	-	Bhallataka vividha yoga (A.S.U.49/58)
		-	-	Vidanga vividha yoga (A.S.U.49/74)
		-	-	Guggulu vividha yoga (A.S.U.49/169)
		-	-	Shilajatu vividha yoga (A.S.U.49/189)
33.	Moha	-	-	Mustadi yapana basti (A.S.K.5/11)
		-	-	Guggulu vividha yoga (A.S.U.49/170)
34.	Mukha roga	Haritaki (Ch.chi.1/29-34)	-	Shiva gutika (A.S.U.49/193)
35.	Mutra krichra	Mustadi yapana basti (Ch.si.12/1)	-	Shilajatu (A.S.Su.12/28)
		Goghrtadi basti (Ch.si.12/12)	-	Dugdha (A.S.Su.6/55)
		Madhu ghrjadi basti (Ch.si.12/14)	-	Chyavanaprasha (A.S.U.49/29)
36.	Mutra vibandha	-	Gambhari (Su.su.46/184)	-
37.	Murcha	-	Dugdha (Su.su.45/49)	-
38.	Netra roga	Droni praveshika rasayana (Ch.chi.1/4/7)	Suvarna (Su.su.46/325)	Triphala rasayana (A.S.Su.12/47)
		-	Vidanga tandula yoga (Su.chi.27/8)	Mustadi yapana vasti (A.S.K.5/11)
		-	Bijaka saradi yoga (Su.chi.27/12)	Tuvaraka taila (A.S.U.49/55)
		-	-	Kanchuki vividha yoga (A.S.U.49/154-155)
		-	-	Guggulu vividha yoga (A.S.U.49/178)

		-	-	<i>Shiva gutika</i> (A.S.U.49/193)
		-	-	<i>Suvarna makshika vividha yoga</i> (A.S.U.49/199)
		-	-	<i>Kushtha vividha yoga</i> (A.S.U.49/218)
		-	-	<i>Sarpi guda</i> (A.S.Chi.7/52)
39.	<i>Nasa roga</i>	<i>Pippali rasayana</i> (Ch.chi.1/3/32-35)	-	<i>Pippali vardhamana rasayana</i> (A.S.Chi.17/13)
		<i>Agastya haritaki</i> (Ch.chi.18/57-62)	-	<i>Lashuna</i> (A.S.Su.7/165)
		-	-	<i>Agastya leha</i> (A.S.Su.5/87)
		-	-	<i>Vakuchi vividha yoga</i> (A.S.U.49/78)
		-	-	<i>Shiva gutika</i> (A.S.U.49/193)
40.	<i>Napunsakta</i>	<i>Haritaki</i> (Ch.chi.1/29-34)	-	-
		<i>Rasayana kshira yoga</i> (Ch.chi.30/203)	-	-
		<i>Rasayana vrshya yoga</i> (Ch.chi.30/203)	-	-
		<i>Yapana rasayana basti</i> (Ch.si.12/1)	-	-
41.	<i>Prameha</i>	<i>Haritaki</i> (Ch.chi.1/29-34)	<i>Varaha Kanda</i> (Su.su.46/309)	<i>Lashuna</i> (A.S.Su.7/165)
		<i>Yogaraja</i> (Ch.chi.6/81-87)	<i>Shilajatu</i> (Su.chi.13/14)	<i>Shilajatu</i> (A.S.Su.12/28)
		<i>Madhvadi basti</i> (Ch.si.12/13)	-	<i>Triphala rasayana</i> (A.S.Su.12/47)
		-	-	<i>Guggulu</i> (A.S.Su.12/75)
		-	-	<i>Agastya leha</i> (A.S.Chi.5/87)
		-	-	<i>Sarpi guda</i> (A.S.Chi.7/52)
		-	-	<i>Yogaraja rasayana</i> (A.S.Chi.21/14)
		-	-	<i>Madhu tailika basti</i> (A.S.K.5/3)
		-	-	<i>Mustadi yapana vasti</i> (A.S.K.5/11)
		-	-	<i>Shirisha taila</i> (A.S.U.10/17)
		-	-	<i>Bhallataka vividha yoga</i> (A.S.U.49/58)

		-	-	Vidanga vividha yoga (A.S.U.49/74)
		-	-	Vakuchi vividha yoga (A.S.U.49/78)
		-	-	Lashuna vividha yoga (A.S.U.49/123)
		-	-	Guggulu vividha yoga (A.S.U.49/170)
		-	-	Plandu (A.S.U.49/138)
		-	-	Shilajatu vividha yoga (A.S.U.49/192)
		-	-	Suvarna makshika vividha yoga (A.S.U.49/199)
42.	Pravahika	-	Dugdha (Su.su.45/49)	-
43.	Pandu	Haritaki (Ch.ch.1/29-34)	Dugdha (Su.su.45/49)	Shilajatu (A.S.U.49/189)
		Pippali rasayana (Ch.chi.1/3/32-35)	Shilajatu (Su.chi.13/15)	Yogaraja rasayana (A.S.Chi.21/14)
		Maha Panchagavya ghrta (Ch.chi.10/18-24)	-	Shirisha taila (A.S.U.10/17)
		Yogaraja (Ch.chi16/81-87)	-	Pippali vardhamana rasayana (A.S.U.49/73)
		Shilajatu vataka (Ch.chi.16/87-92)	-	Shilajatu vividha yoga (A.S.U.49/189)
		-	-	Shiva gutika (A.S.U.49/193)
		-	-	Vakuchi vividha yoga (A.S.U.49/78)
		-	-	Suvarna makshika vividha yoga (A.S.U.49/199)
		-	-	Sarpi guda (A.S.Chi.7/52)
		-	-	Guggulu vividha yoga (A.S.U.49/170)
44.	Rajayakshma	Haritaki (Ch.chi.1/29-34)	-	Aja dugdhadi rasayana (A.S.Chi.7/104)
		Pippali rasayana (Ch.chi.1/3/32-35)	-	Pippali vardhamana rasayana (A.S.U.49/73)
		Yogaraja (Ch. chi16/81-87)	-	Shilajatu vividha yoga (A.S.U.49/189)
		-	-	Suvarna makshika vividha yoga (A.S.U.49/199)
		-	-	Yogaraja rasayana (A.S.Chi.21/14)
45.	Raktapitta	Goghrtadi basti (Ch.si.12/12)	Dugdha (Su.su.45/49)	Dugdha (A.S.Su.6/56)

		-	<i>Gambhari</i> (Su.su.46/184)	<i>Kushmanda rasayana</i> (A.S.Chi.5/67)
		-	<i>Balamula rasayana</i> (Su.su.27/10)	<i>Nagabala ghrita</i> (A.S.Chi.5/74)
				<i>Shilajatu vividha yoga</i> (A.S.U.49/189)
	<i>Rakta vikara</i>	<i>Mustadi yapana basti</i> (Ch.si.12/15)	-	-
	<i>Pittaja vyadhi</i>	<i>Madhu ghritadi basti</i> (Ch.si.12/14)	-	-
46.	<i>Shotha roga</i>	<i>Haritaki</i> (Ch.chi.1/29-34)	<i>Dugdha</i> Su.su.45/53	<i>Shilajatu</i> (A.S.U.49/189)
		<i>Pippali rasayana</i> (Ch.chi.1/3/32-35)	<i>Shilajatu</i> Su.chi.13/15	<i>Guggulu</i> (A.S.U.49/170)
		<i>Maha Panchagavya ghrita</i> (Ch.chi.10/18-24)	-	<i>Mustadi yapana vasti</i> (A.S.K.5/11)
		<i>Shilajatu</i> (Ch.chi.12/49)	-	<i>Chyavanaprasha</i> (A.S.U.49/29)
		<i>Kansa haritaki</i> (Ch.chi.12/50-52)	-	<i>Pippali vardhamana rasayana</i> (A.S.U.49/73)
		-	-	<i>Vakuchi vividha yoga</i> (A.S.U.49/90)
		-	-	<i>Shilajatu vividha yoga</i> (A.S.U.49/189)
		-	-	<i>Suvarna makshika vividha yoga</i> (A.S.U.49/199)
47.	<i>Shlipada</i>	-	<i>Shilajatu</i> (Su.chi.13/14)	<i>Pippali vardhamana rasayana</i> (A.S.Chi.12/13)
		-	<i>Rasayana shatapaka vacha yoga</i> (Su. Chi 28/8)	<i>Vacha ghrita</i> (A.S.U.49/99)
		-	-	<i>Shiva gutika</i> (A.S.U.49/193)
		-	-	<i>Vrdha draksha yoga</i> (A.S.U.49/214)
48.	<i>Shosha</i>	-	<i>Dugdha</i> (Su.su.45/49)	-
		-	<i>Shilajatu</i> (Su.chi.13/15)	-
		-	<i>Balamula rasayana yoga</i> (Su.chi.27/10)	-
49.	<i>Shiro roga</i>	<i>Mustadi yapana basti</i> (Ch.si.12/15)	-	<i>Guggulu vividha yoga</i> (A.S.U.49/165)
		-	-	<i>Shiva gutika</i> (A.S.U.49/193)
		-	-	<i>Kanchuki vividha yoga</i> (A.S.U.49/155)
50.	<i>Shula</i>	-	<i>Dugdha</i>	-

			(Su.su.45/49)	
51.	Shwasa roga	Pippali rasayana (Ch.chi.1/1/32-35)	Dugdha (Su.su.45/49)	Dugdha (A.S.Su.6/55)
				Lashuna (A.S.Su.7/165)
		Yamaka anuvasana basti (Ch.si.12/18)	-	Kushmanda rasayana (A.S.Chi.5/67)
		Yogaraja (Ch.chi.16/81-87)	-	Agastya leha (A.S.Chi.5/87)
		Agastya haritaki (Ch.chi.18/57-62)	-	Yogaraja rasayana (A.S.Chi.21/14)
		-	-	Chyavanaprasha (A.S.U.49/29)
		-	-	Pippali vardhamana rasayana (A.S.U.49/73)
		-	-	Vakuchi vividha yoga (A.S.U.49/78)
		-	-	Lashuna vividha yoga (A.S.U.49/123)
		-	-	Guggulu vividha yoga (A.S.U.49/165)
		-	-	Shiva gutika (A.S.U.49/193)
52.	Shukra dosha	Abhayamalaki rasayana (Ch.chi.30/148)	-	Shirisha taila (A.S.U.10/17)
		Triphala rasayana (Ch.chi.1/3/42-47)	-	Chyavanaprasha (A.S.U.49/29)
		Pippali rasayana (Ch.chi.1/3/32-35)	-	Guggulu vividha yoga (A.S.U.49/170)
		Lauhadi rasayana (Ch.chi.1/3/15-23)	-	Shiva gutika (A.S.U.49/193)
		Bhallataka rasayana (Ch.chi.1/2/13-22)	-	-
53.	Shwitra	-	-	Vakuchi vividha yoga (A.S.U.49/85)
		-	-	Guggulu vividha yoga (A.S.U.49/170)
		-	-	Shiva gutika (A.S.U.49/193)
54.	Trishna	Chyavanaprasha (Ch.chi.1/1/62-74)	Dugdha (Su.su.45/49)	Dugdha (A.S.Su.6/55)
		-	-	Amrita (A.S.Su.12/71)
		-	-	Nagabala ghrta (A.S.Chi.5/75)
55.	Tamaka Shwasa	Haritaki (Ch.chi.1/29-34)	-	-
		Chyavanaprasha	-	-

		(Ch.chi.1/1/62-74)		
56.	Udara roga	Haritaki (Ch.chi.1/29-34)	Dugdha Su.su.45/53	Brahmi Vachadi yoga (A.S.U.49/46)
		Maha Panchagavya ghrita (Ch.chi.10/18-24)	-	Guggulu vividha yoga (A.S.U.49/165)
		Endra rasayana (Ch.chi.1/3/24-29)	-	Shilajatu vividha yoga (A.S.U.49/189)
		-	-	Shiva gutika (A.S.U.49/193)
		-	-	Vrdha draksha vividha yoga (A.S.U.49/214)
57.	Unmada	Maha Panchagavya ghrita (Ch.chi.10/18-24)	Dugdha (Su.su.45/49)	Mustadi yapana basti (A.S.K.5/11)
		Brahmi ghrita (Ch.chi.10/25)	Ghrita (Su.su.45/96)	Shirisha taila (A.S.U.10/17)
		Mustadi yapana basti (Ch.chi.12/15)	Shilajatu (Su.chi.13/14)	Brahmi Vachadi yoga (A.S.U.49/56)
		-	-	Vacha ghrita (A.S.U.49/99)
		-	-	Shilajatu vividha yoga (A.S.U.49/189)
		-	-	Shiva gutika (A.S.U.49/193)
		-	-	Vrdha draksha vividha yoga (A.S.U.49/208)
58.	Udavarta	Haritaki (Ch.chi.1/29-34)	Dugdha (Su.su.45/49)	-
		Madhwadi basti (Ch.si.12/13)	Ghrita (Su.su.45/96)	-
		Mustadi yapana basti (Ch.si.12/15)	-	-
59.	Visarpa	Mustadi yapana basti (Ch.si.12/15)	-	Mustadi yapana vasti (A.S.K.5/11)
		-	-	Shirisha taila (A.S.U.10/17)
60.	Visha	Yogaraja (Ch.chi.16/81-89)	Ghrita (Su.su.45/96)	Suvarna (A.S.Su.12/12)
		-	Shilajatu (Su.su.13/14)	Shiva gutika (A.S.U.49/193)
		-	Brahmi ghrita rasayana yoga (Su.chi.28/6)	Shirisha taila (A.S.U.10/17)
		-	-	Brahmi Vachadi yoga (A.S.U.49/46)
		-	-	Vakuchi vividha yoga (A.S.U.49/95)
		-	-	Somarta ghrita (A.S.U.49/158)
		-	-	Shilajatu vividha yoga

				(A.S.U.49/190)
		-	-	Suvarna makshika yoga (A.S.U.49/199)
		-	-	Vrdha draksha vividha yoga (A.S.U.49/213)
61.	Vata vyadhi	Shatapaka sahastrapaka Bala taila (Ch.chi.29/119-120)	Godugdha (Su.su.45/50-52)	Lashuna (A.S.Su.7/165)
		-	Ghrita (Su.su.45/96)	Pippali (A.S.Su.12/52)
		-	-	Guggulu (A.S.Su.12/74)
		-	-	Chyavanaprasha (A.S.U.49/29)
		-	-	Brahmi Vachadi yoga (A.S.U.49/46)
		-	-	Lashuna vividha yoga (A.S.U.49/122)
		-	-	Kukkati vividha yoga (A.S.U.49/144)
		-	-	Guggulu vividha yoga (A.S.U.49/169)
62.	Vata-shonita	Chyavanaprasha (Ch.chi.1/1/62-74)	-	Chyavanaprasha (A.S.U.49/29)
		Shilajatu (Ch.chi.29/15)	-	Brahma rasayana (A.S.Chi.24/34)
		Shuddha Guggulu (Ch.chi.29/15)	-	Mustadi yapana basti (A.S.K.5/11)
		Shatapaka sahastrapaka Bala taila (Ch.chi.29/119-120)	-	Shirisha taila (A.S.U.10/17)
		Mustadi yapana basti (Ch.si.12/15)	-	Pippali vardhamana rasayana (A.S.U.49/73)
		-	-	Shiva gutika (A.S.U.49/193)
		-	-	Guduchyadi vividha rasayana yoga (A.S.Chi.24/15)
63.	Vidradhi	-	-	Guggulu vividha yoga (A.S.U.49/165)
		-	-	Shiva gutika (A.S.U.49/193)
64.	Vrana	-	Haritaki (Su.su.44/62-63)	Guggulu vividha yoga (A.S.U.49/170)
65.	Vrddhi	-	-	Madhu tailika vasti (A.S.K.5/3)
		-	-	Vakuchi vividha yoga (A.S.U.49/78)
		-	-	Guggulu vividha yoga

				(A.S.U.49/165)
		-	-	Vradha draksha vividha yoga (A.S.U.49/214)
66.	Yoni vyapad	Chyavanaprasha (Ch.chi.1/1/62-74)	Dugdha (Su.su.45/49)	Shirisha taila (A.S.U.10/17)
		Shatapaka sahastrapaka Bala taila (Ch.chi.29/119-120)	-	Guggulu vividha yoga (A.S.U.49/160-178)
		Shilajatu (Ch.chi.30/148)	-	-
		Mustadi yapana basti (Ch.si.12/15)	-	-
		Chatusneha anuvasana basti (Ch.si.12/18)	-	-

DISCUSSION & CONCLUSION

Rasayana chikitsa is one of the significant methods for health prevention and curing the disease, as described in Ayurveda. Today, people lead their lives in a more sophisticated way. Improper food habits, altered lifestyles, persistent stress, water and air pollution, etc., and so many other factors are executing hazardous effects on human life. Nowadays, more emphasis is placed on preventing diseases rather than curing them after they appear in the body. This objective could be easily achieved with the help of *Rasayana chikitsa*. However, with time, this important branch of knowledge has ceased to be in its appropriate form. So, comprehensive efforts are needed to revive this practical discipline of Ayurveda for the welfare of human beings by engaging Ayurvedic scholars in various research activities for rasayana drugs from various scientific parameters.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Sheetal Bhattotia et al: Collection of rasayana drugs mentioned in brhatrayi: a review. International Ayurvedic Medical Journal {online} 2025 {cited January 2025} Available from: http://www.iamj.in/posts/images/upload/171_188.pdf